

10 Nutrition Myths

We're debunking common food myths about sugar, fat—even deep-fried food—and more so you can feel good about enjoying the foods you love.



Photo: Plamen Petkov Story by: Julie Upton, MS, RD, Recipes by: Jackie Mills, MS, RD

10 Nutrition Myths, Debunked

Some nutrition myths bounce around on crazy e-mail chain letters and pop up on goofy evening news reports. Others fuel the sale of rip-off diet books. Some are so accepted they seem hardwired into our brains. Take deep-fried foods, for example. They're universally bad for you, right? Well, no. When we challenged ourselves to explore whether fried foods could be made healthy, we discovered that, when done properly, fried foods don't have to be forever banished from a healthy diet.

The exercise inspired us to take on some other ingrained nutrition misconceptions. We talked with leading

nutrition researchers, chefs, and food scientists and did some sleuthing of our own to debunk 10 myths so you can enjoy many once-forbidden foods without that old familiar twinge of guilt.

Watch the Video: **Nutrition Myths**



Photo: Plamen Petkov Story by: Julie Upton, MS, RD, Recipes by: Jackie Mills, MS, RD

Myth 1. Added sugar is always bad for you.

Truth Use the sweet stuff to ensure that sugar calories are far from “empty” calories.

Sugar is essential in the kitchen. Consider all that it does for baking, creating a tender cake crumb and ensuring crisp cookies. Then there’s its role in creating airy meringue or soft-textured ice cream. Keep in mind that other sweeteners like “natural” honey are basically refined sugar anyway—and they are all metabolized by your body the same way, as 4 calories per gram. **Sugar** also balances the flavors in healthy foods that might not taste so great on their own. Don’t go overboard, of course. Most health experts suggest that added sugar supply no more than 10 percent of your total calories—about 200 in a 2,000-calorie diet.



Photo: Randy Mayor Story by: Julie Upton, MS, RD, Recipes by: Jackie Mills, MS, RD

Good news: A little sugar can go a long way.

Adding a wee bit of sugar to balance a too-tart tomato sauce is a good thing; so is a teaspoon of honey on a tart grapefruit half or in plain yogurt. “Add a little bit of sugar to help boost your intake of nutrient-rich foods by making them tastier,” says Jackie Newgent, RD, author of the *All-Natural Diabetes Cookbook*.

In this refreshing palate cleansing sorbet, sugar tames the tartness of grapefruit juice. And with just two ingredients, it could not be simpler to prepare. A serving delivers about two-thirds of your RDA for vitamin C, and only 145 calories.

Printed from:

<http://www.cookinglight.com/eating-smart/nutrition-101/nutrition-myths-facts-00412000067116/>

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#) .