



Backpack Mail



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This newsletter is brought to you by the staff of the **Expanded Food and Nutrition Education Program in Cuyahoga County.**

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*The Ohio State University,
the United States Department
of Agriculture and Cuyahoga
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Cooperating*

Replacing FAD with FACT!

Technological advances are a great thing. Who would have thought something as cool (or as miniature) as the *I-Pod* would be available in this lifetime?

Perhaps one of the most significant advancements in recent years is the evolution of the internet, with information on practically *any* subject just a “Google” away. With each new thread of technological know-how, the public is inundated with new, but not necessarily *accurate*, information. Nutrition is no exception to the popular topics that often become skewed in cyberspace.

What is a nutrition-conscious consumer to believe in the age of information? In March, the *American Dietetic Association* made a strong effort to promote science-based nutrition information with their “**Nutrition: It’s a Matter of Fact**” *National Nutrition Month* campaign. Working through nutrition myths is not an easy task, but some of the most popular misinformation is decoded below:

- ◆ **All carbohydrates should be avoided or limited because they will cause us to gain weight: FALSE!** Carbohydrates are the number one source of energy for our bodies, so we need them in our diet. In particular, children require carbohydrates to fuel their brain and stay alert at school. Weight gain is caused by taking in an excessive amount of calories from ANY food and **not** burning off these extra calories through physical activity. Better carbohydrate choices that will help us to stay healthy include fruit, whole grains, and low-fat dairy products. Refined carbohydrates from products made with white flour or sugar should be used in moderation.
- ◆ **If you can’t get fresh vegetables, do not bother with frozen or canned—they are not as nutritious: FALSE!** When it comes to eating vegetables, all forms matter! Generally, there is little nutritional difference between fresh, frozen, and canned vegetables. To ensure you are getting the best benefit from frozen or canned vegetables, read the food label and check for added salt or sugars. Fruit canned in heavy syrup will add more sugar than nutrients. Canned veggies can be easily rinsed to remove salt.
- ◆ **Skipping meals is essential for weight loss: FALSE!** Skipping meals, *particularly breakfast*, actually slows your body’s metabolism. As a result, a person who skips meals is not burning calories as efficiently as someone who eats in regular intervals throughout the day. The goal for overall wellness is to eat a solid breakfast and watch portion sizes for meals and snacks. *Please make sure your children get breakfast daily!*



REGISTERED DIETITIANS (RD) are the nutrition professionals that are certified through schooling and supervised practice experience to provide accurate and science-based nutrition information. When searching internet articles, please check to see that they were authored by an **RD.**

Source: *American Dietetic Association*
online: www.eatright.org

Weaving Through the WEB!
Try these websites for reliable nutrition information:

- www.nutrition.gov
- www.mypyramid.gov
- www.eatright.org
- <http://www.fruitsandveggiesmatter.gov/>
- <http://www.health.gov/dietar>