



MACRONUTRIENT
MYTH VS. FACT

Carbs

Myth: Protein and fat are the body's best energy source.

Fact: The conversion of carbohydrate to fuel is a lot more efficient than the conversion of protein or fat into usable energy.

Myth: People with diabetes cannot eat foods that are high in carbs.

Fact: The key is choosing mostly nutritious foods that are high in fiber and nutrients. Carbs are necessary in managed amounts.

Myth: Fruit is bad for you due to the high sugar content.

Fact: Fruits do have sugar, but are also a great source of vitamins, phytochemical, minerals and fiber necessary for optimal health.

Myth: White food is bad food.

Fact: There are plenty of white, nutrient rich foods, like potatoes, onions, mushrooms, and cauliflower. All of these foods contain essential vitamins, minerals.

Myth: Carbs are fattening.

Fact: Excess calories are fattening, regardless of the form. Water and fiber-rich carbohydrate foods, or vegetables, support weight loss. Vegetables are satiating.