

MACRONUTRIENT MYTH VS. FACT

Fats

✓ Myth: All fat is bad.

✓ Fact: Saturated fat is bad, unsaturated fat is good.

✓ Myth: Coconut oil is the best.

✓ Fact: Coconut oil is saturated fatty acids, with a very small percent of medium chain fatty acids. **It should not be considered as a first choice.**

✓ Myth: Eggs are bad!

✓ Fact: The yolks do contain small amounts of saturated fats, but eggs also contain a variety of other beneficial nutrients. (Choline, vitamin A & D, folate and B vitamins)