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3 Nutrition Tips Social Media Got Wrong

“Good news travels fast, but bad news travels faster.” Fast, furious and false diet tips seen on social media often leave dietitians in a myth-busting tailspin! Here are three common nutrition tips social media has gotten wrong.

Detox diets

Typing “detox diet” into any search engine leads to over 100 million results for treatments that “flush out toxins,” “reboot,” and “cleanse” organs to kick-start a healthier, slimmer you. Typically promoted by celebrities and so-called health experts, this deprivation diet approach has mere testimony to back its hype. The good news is that our gastrointestinal tract, liver, and kidneys are naturally designed to detox our bodies! Weight loss from detox diets is likely, especially when you give up sugar, alcohol, caffeine, highly-processed foods, and start drinking more water, eating fruits and vegetables and exercise... or basically take better care of yourself.

Weight gain from eating late

Late-night eating has a bad reputation because foods typically eaten at this time are high in calories from fat and/or sugar. Ice cream, drive-through burritos, and delivery pizza are classic after hour

noshes that can contribute to weight gain no matter what time they’re eaten! Weight gain is most likely when total daily calorie intake exceeds what is burned off. Research suggests that many people consume half of their daily calories in the evening, which is also the time we’re most inactive. Main message: Space out calories evenly through the day and when you are most active.

Sugar substitutes are bad for health

Some of the most studied and reviewed food ingredients in the world are the six sugar substitutes (artificial sweeteners) that the US Food and Drug Administration (FDA) has approved and regulate. These sweeteners add zero to few calories to foods and drinks and because they’re at least 100 times sweeter than regular sugar, a little adds a lot of flavor! They’ve passed thorough assessments and can be safely consumed by the general population, including people with diabetes, pregnant women, and children. One exception is people who have a hereditary condition called phenylketonuria (PKU), which means they cannot metabolize a component of aspartame (Equal®). For more info, check out www.fda.gov/food.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.