

5 BIGGEST Nutrition Mistakes People Make

By: PhenomeNALL Nutrition

1. Everything in a natural food store is healthy for you.

Not at all! It becomes essential to have ingredient reading skills because even natural food stores have 'junk' food nowadays. For example, there is just as much sugar in a traditional store bought OREO as there is in a Whole Foods Oreo. Be careful, read ingredients carefully and stick with the fresh stuff.

2. Sugar Free will help me lose weight and be healthier.

Studies show that sugar free food items actually INCREASE the body's desire for sweets and that people will eat MORE food when consuming traditional sugar free, diet products. Also, the chemical sweeteners create inflammation in the body and add to overall unhealthy habits.

3. ALL NATURAL must mean that it is good for you.

Nope! Even high fructose corn syrup filled 7UP and Sprite are claiming ALL NATURAL now. There is NO regulation on this term with food labels. Once again, read ingredients and be aware that ALL NATURAL can be ALL CRAP.

4. Jumping on the latest media bandwagon.

Eat soy! Go Fat Free! Sugar Free is the way! Probiotics- healthy gut!

Be careful what you believe and remember that the marketing dollars for food company's run deep. They are not in the business of keeping us healthy, but rather the business of keeping us buying. Many of these selling tactics are an outright lie and even potentially hazardous to your health. Foods as close to natural are best!

5. Organic only!

Organic is great, but fresh/local is better. An organic kiwi coming from New Zealand has taken a long time to arrive here, losing many nutrients in the process. Stick with foods grown as close to your area as possible to ensure high nutrient content. Also, a cookie is a cookie is a cookie- no matter if it's organic or not- still full of sugar!