

NUTRITION MYTHS



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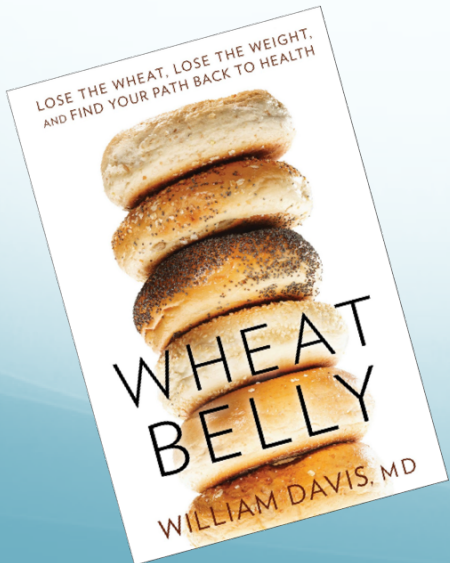
Webinar Outline

- Guidelines vs Headlines
- How to Find Reliable Nutrition Info
- The Myths and Facts About:
 - Weight Loss Diets
 - Juicing
 - Detox/Cleansing Diets
 - Milk & Alternatives
 - Cooking Oils – Coconut vs. Olive
 - Gluten Free Diet
 - Ketogenic Diet
 - Intermittent Fasting
- What is a Healthy Diet?
- Resources

Headlines vs. Guidelines



DETOX CELERY JUICE



How Do I Find Nutrition Information I Can Trust?

1. Is the person or product promising a quick fix or miracle cure? If it sounds too good to be true, it likely is.
2. Are they trying to sell you special foods or supplements instead of teaching you how to make better food choices at home, work or eating out?
3. Do they provide information based on personal stories rather than facts? Nutrition advice should be based on the best available scientific research.
4. Is the claim based on a single study or a few studies? Were the studies done on animals or humans?
5. What are the person's qualifications?

Everyone is Different!

- There is no one size fits all when it comes to diet. Nutrition information is not always black and white.
- Our genetics, gender, body size, hormones, health issues and medications can play a role in our food choices.
- **A good eating plan is one that keeps you healthy and makes you feel good.**



Weight Loss Diets



- A multi billion dollar industry in North America.
- Studies have not shown any diet results in long term maintenance of weight loss for the majority of people. Most regain weight within 1-5 years (most gain more weight than they lost).
- Weight loss diets lead to slower metabolism and hormonal changes, making it extremely difficult to maintain weight even if eating less.
- **Weight cycling (losing and regaining weight) is directly related to being less physically and mentally healthy.**
- 1 in 4 diets will develop into an eating disorder.
- Many current diets such a low carb, keto, fasting etc. go against intuitive eating and lead to disordered eating and weight cycling.

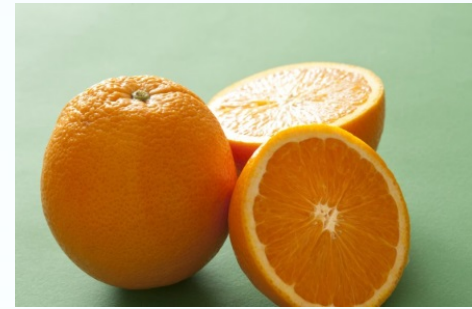
Juicing

Juicing Myths



- Juices are a concentrated way to get vitamins and antioxidants.
- Raw fruits and vegetables are much healthier than cooked.
- Drinking juice is just as healthy as eating fruits and vegetables.
- Making my own juice is much healthier than buying juice.
- Drinking cold pressed juice detoxes my body.

Juicing Facts



- A typical glass of pure/no sugar added fruit juice (store bought or home made) contains 25-35 grams of free sugars and is a concentrated source of calories.
- A serving of fruit has 10-15 grams of natural sugar together with fibre and nutrients.
- Most juicers leave behind the fibre.
- There are no ‘super foods’ that will cure all when juiced (e.g. celery). All fruits and vegetables are healthy – aim for variety and include raw and cooked.
- Most healthy eating guidelines recommend limiting juice for both children and adults.

What About Smoothies?



- Blending whole foods is much better than juicing.
- But be aware that liquid calories do not give the same satiety as solid calories.
- Include a boost of fibre or protein by adding things like milk, yogurt, nuts/nut butters, seeds. Throw in some greens for added nutrients.
- Smoothies you buy can vary in sugar and calorie content – ask for nutrition information and watch portion size.
- Still try to **eat** most of your fruits and vegetables, rather than drink them.

Detox/Cleansing

Detox & Cleansing Myths

- We need to use products to clear ‘toxic waste’ from our body in order to stay healthy.
- Detox diets and cleansing help with:
 - weight loss
 - less cellulite
 - improved digestion/healthier gut
 - increased energy
 - improved immunity
 - better metabolism



What is Detox & Cleansing?

- Detox diets can last from 1 day to 1 month+ and involve:
 - Consuming only fruits and vegetables or juices
 - Cutting out wheat and dairy
 - Consuming only a limited number of foods or just water
 - Avoiding caffeine
 - Detox solutions, pills, or lotions
- Cleansing is removal of material from the colon by:
 - Using herbal or laxative preparations
 - Following a diet that eliminates major food groups
 - Taking a large amount of water, fibre or juice

Detox Facts

- **Our skin, intestine, lungs, liver and kidneys effectively filter, break down and remove waste and toxins efficiently from our body every day.**
- There is no evidence that detox diets eliminate toxins better than the body's systems.
- There is no evidence that cleansing improves bowel health, prevents colon cancer or results in lasting weight loss.
- Feel better after detoxification? It may be due in part to the fact that a detox diet eliminates highly processed foods. Simply avoiding these low-nutrient foods for a few days may lead to feeling better.

Detox & Cleansing Caution

- Can cause cramping, bloating, nausea, vomiting, headaches, low energy, dizziness.
- Can change healthy bacteria balance in the colon.
- Can lead to more serious side effects such as: change in electrolyte levels, dehydration, low blood sugar, low or high blood pressure, medication interactions, vitamin and mineral deficiencies.



Milk

Milk Myths



- Milk has too much sugar
- Milk causes weight gain
- Lactose intolerance = lactose avoidance
- Dairy causes inflammation
- Only infants need milk, not adults
- We can get enough calcium without any milk products
- Milk has too many hormones and antibiotics

Milk Facts

- *“We produce for your drink, milk, pure and agreeable to those who drink it” Surah Nahl, 66.*
- *“Take milk, as it grows the flesh and strengthens the bone” Imam Jaffer As-Sadiq A.S.*



Milk Facts

- Milk is a naturally good source of vitamins and minerals such as calcium.
- In Canada, regulations do not allow the use of bovine growth hormones, and any milk sold must be free of antibiotics.
- People with lactose intolerance can still have small amounts of milk or choose lactose free milk.
- People who consume dairy tend to have healthier body weights, stronger bones and lower blood pressure.
- Research does not show that dairy increases inflammation. Yogurt and fermented dairy may decrease inflammation.
- It is very hard to meet calcium requirements from green vegetables and nuts.

Milk & Substitutes

Per Cup (250 mL)	Calories	Protein (g)	Fat (g)	Sugar (g)	Calcium (%DV)	Vitamin D (%DV)
Skim Milk	90	9	0	13	30	45
Whole Milk	160	9	8	12	30	45
Chocolate Milk 1%	170	9	2.5	26	30	45
Plain Soy* Beverage	110	8	4.5	6	30	15
Vanilla Soy Beverage	130	6	3.5	16	30	15
Almond Milk*	30	1	2.5	0	30	10
Cashew Milk*	25	0	2	0	30	10
Coconut Milk*	70	0	4.5	5	35	10
Oat Milk*	80	2	3	4	35	20
Pea Milk	90	8	4.5	5	35	30

*Silk Plain, Fortified

Compare Ingredients



Skim Milk

- Skimmed milk, vitamin A palmitate, vitamin **D3**.

Soy Beverage

- Filtered water, soy beans, **cane sugar**, vitamin and mineral blend (tricalcium phosphate, calcium carbonate, vitamin A palmitate, vitamin **D2**, riboflavin, vitamin B12), **sea salt**, natural flavor, gellan gum.

Almond Milk

- Filtered water, almonds, **cane sugar**, vitamin and mineral blend (calcium carbonate, vitamin E acetate, vitamin A palmitate vitamin **D2**), **sea salt**, gellan gum, sunflower lecithin, locust bean gum, ascorbic acid, natural flavor.

Comparing Milk and Alternatives

DAIRY

- **Pros:** Mentioned in the Holy Quran and hadith; has been around for centuries; naturally high in vitamins, minerals and high quality protein; readily available in many varieties including lactose free.
- **Cons:** Not suitable for milk allergies; may have more of an environmental impact in production; full fat choices are high in saturate fats.

NON-DAIRY

- **Pros:** Alternative for those who have a milk allergy; often lower in calories and sugar; lactose-free; plant based; may have less environmental impact in production; low in saturated fats.
- **Cons:** Low in protein and minerals; often contains many additives; taste and price can vary.

Shake well!

Coconut Oil

Coconut Oil Myths

- Coconut is a super food
- Best oil to use in cooking
- Does not impact cholesterol levels
- It's all healthy MCT oil
- Helps with weight loss
- Prevents Alzheimer's
- Helps with digestive issues



Coconut Oil Facts



- Coconut oil is a solid at room temperature and 91% saturated fat. It also contains MCT (medium chain triglycerides), but only about 15%.
- There is a little evidence that it helps with HDL levels. However, like all saturated fats, it will raise LDL levels.
- Extra virgin coconut oil (unrefined) has a much lower smoke point than refined coconut oil.
- Very little, lower quality research shows that coconut oil *supplements* along with a low calorie diet may help with weight loss.
- No evidence to show that coconut oil helps with other chronic diseases such as Alzheimer's and IBS.



Coconut Oil Bottom Line



- There is no evidence to show that it has health benefits over other oils.
- Coconut oil may be a better choice than animal fat in terms of cholesterol levels, but it is not a better alternative to other vegetable oils such as olive.
- If you enjoy the taste of coconut, use small amounts in moderation. For example a coconut in a dessert or coconut milk in a curry once in a while.
- Do not use coconut oil in every day cooking, especially if you are living with, or have a risk for heart disease and diabetes.

Olive Oil

Olive Oil Myths

- I can't cook or bake with olive oil.
- There are much healthier oils to use.
- Olive oil will ruin the taste of my curry.



Olive Oil Facts



- Solid evidence from many long term trials to show the benefits of olive oil for cardiovascular disease, diabetes, cancer, Alzheimer's (e.g. PREDIMED).
- Olive oil is mainly monounsaturated fat which lowers LDL cholesterol and raises HDL cholesterol.
- Olive oil is full of polyphenols and antioxidants that have other health benefits including preventing cell damage and reducing inflammation in the body.

Smoke Point of Oils



OIL	SMOKE POINT
Extra Virgin Olive Oil	320-405°F
Extra Virgin Coconut Oil	350°F
Canola Oil	428-446°F
Sunflower Oil	441-450°F
Peanut Oil	445°F
Avocado Oil	520°F
Grape Seed Oil	421°F
Sesame Oil	350°F
Flax Seed Oil	225°F
Butter	302°F
Clarified Butter	482°F

Average home cooking temperatures:

Pan frying: 250-300°F Deep frying: 320-375°F Baking: 325-400°F

Olive Oil Facts



- Olives are mentioned in the Holy Quran many times.
- ***“Eat olive oil and anoint with olive oil as it is a blessed tree.” Holy Prophet S.A.W.***
- Bottom Line: Olive Oil should be the main oil in your diet. It has health benefits when used in salads ***and*** when used in cooking at moderate temperatures.

Going Gluten Free

Gluten Free Myths



- Humans are not meant to eat gluten.
- Avoiding gluten will help with weight loss.
- Gluten causes bloating.
- Gluten causes inflammation.
- I should avoid gluten if I have a condition like arthritis or fibromyalgia.
- Gluten free foods are healthier choices and lower carb.

What is Gluten?

- Gluten is a group of proteins which occur with starch in various cereal grains. This accounts for about 75-85% of the total protein in wheat.
- It is also found in related wheat species and hybrids such as spelt, barley and rye and products derived from these grains.



Celiac Disease



- An auto-immune condition in which the small intestine has an immune response to gluten found in grains such as wheat, barley and rye. Over time, this leads to damage of the lining of the small intestine and malabsorption of nutrients.
- Symptoms include: diarrhea, fatigue, weight loss, bloating, anemia.
- Effects about 1% of the Canadian population.
- Diagnosis through a blood test and biopsy.
- No cure, but following a gluten free diet can help manage symptoms.

Gluten Free Facts

- Weight loss from going gluten free is a result of cutting back on calories from starchy foods like breads, bagels, cookies and other baked goods.
- Research does not show that following a gluten free diet will control symptoms of fibromyalgia or arthritis unless celiac disease or gluten sensitivity is present.
- Gluten free foods such as bread are often more expensive, higher in refined carbohydrates and sugar, while lower in fibre. Check labels!

But I Feel Better When I Avoid Gluten?



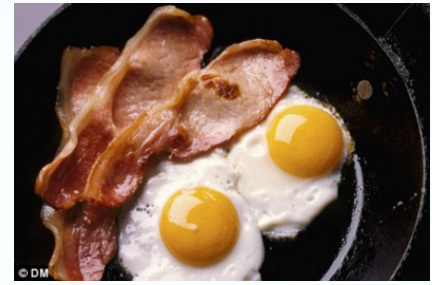
- Non-celiac gluten sensitivity: a spectrum of symptoms in which consuming wheat products results in symptoms such as IBS – bloating, abdominal pain, diarrhea/constipation, and sometimes other symptoms such as fatigue, generally feeling unwell, mental fogginess, headaches.
- **Usually self-diagnosed**
- No biomarkers, no intestinal damage
- Important to rule out celiac disease before going gluten-free to prevent complications.

NCGS Research

- Most research investigating the phenomenon of non celiac gluten sensitivity gave study subjects gluten-containing grains such as wheat, rye and barley in their diet rather than pure gluten. Many studies found no difference between gluten containing food & placebo on symptoms.
- Individuals with NCGS may be reacting to other components in wheat rather than gluten. Consult with a dietitian.
FODMAPs? ATIs?
- More research is needed to understand:
 - The physiology of NCGS and how to diagnose
 - Is it dose dependent?
 - Is it a permanent condition?

Ketogenic Diet

Keto Diet Myths



- A Ketogenic diet is the healthiest way to lose weight and keep it off.
- My doctor told me to go Keto, so it must be good!
- Going Keto will cure my diabetes and high lipids.
- I can eat as much meat as I want on Keto.
- It's easy, I can do Keto for the rest of my life.

What is a Keto Diet?

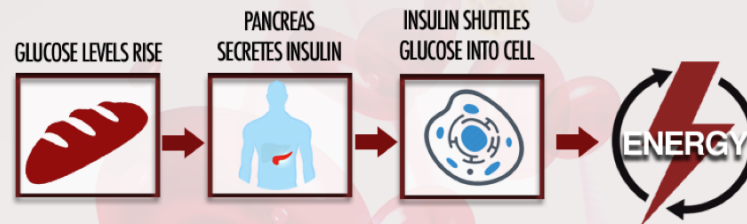
- High fat, moderate protein, very low carbohydrate diet (<20-50 g).
- **Includes:** non-starchy vegetables, meat and deli meats, poultry, eggs, fish, nuts and seeds, avocado, oils, full fat dairy (cream, butter, cheese).
- **Excludes:** fruits, starchy vegetables, some dairy products, grains, legumes, added sugar, sugar-sweetened beverages.



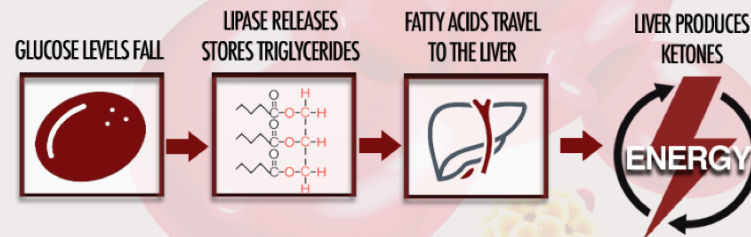
How Keto Works

HOW DOES KETOSIS WORK?

TRADITIONAL DIET: HIGHER CARB



KETO DIET: HIGHER FAT



Keto Diet Research



- **Weight Loss:** Ketogenic diets showed greater weight loss in the short term (3-6 months), but weight maintenance/gain after 1 year similar to other weight loss diets. No current studies longer than 2 years due to issues of sustainability.
- **Cardiovascular Disease:** Low carbohydrate ketogenic diets modestly improved HDL and TG while also increasing large particle LDL. No long term studies to look at effects on CVD health.
- **Diabetes:** Short term studies show benefit in the management of type 2 diabetes if delivered in a clinically supervised manner (close medical monitoring and diet advise). No long term studies to compare ketogenic diet to other interventions.

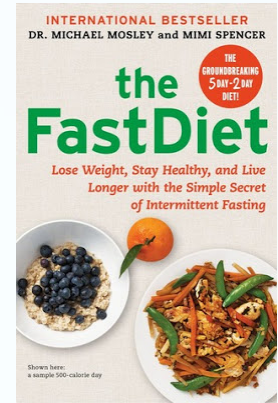
Keto Diet Caution

- Short term risks: constipation, “keto flu”, bad breath, muscle cramps, general weakness.
- Long term risks: kidney stones, changes to gut bacteria, fractures, nutrient deficiencies (B vitamins, vitamin C, vitamin D, calcium, fibre, folate, magnesium), impaired mood, weight cycling.
- Very hard to follow without monitoring.
- May not be safe for people on certain blood sugar lowering medications (e.g. Insulin, Jardiance) due to risk of diabetic ketoacidosis.
- Must be careful if discontinuing diet (gradual reintroduction of carbs of 10-15 g per week).
- No long term safety studies.

Intermittent Fasting

Fasting Myths

- Fasting is a quick and easy way to lose weight.
- Fasting will cure all my health problems.
- I can eat whatever I want during non-fasting times.



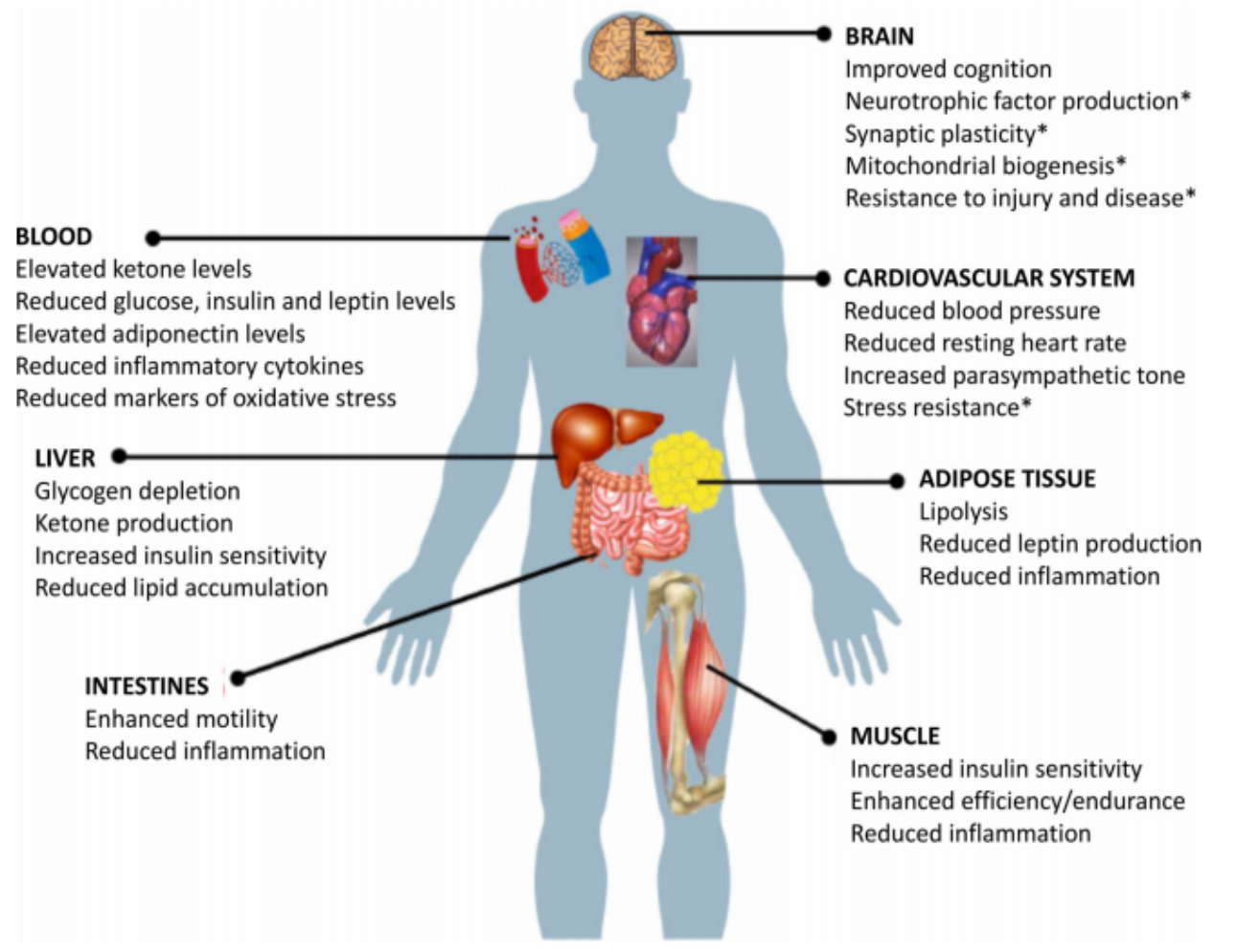
Types of Intermittent Fasting

16:8 – 16 hours fasting, 8 hours normal eating

5:2 - normal eating 5 days per week,
500-600 kcal 2 days

ADF – alternate day fasting

How Fasting Works



Fasting Research

- Most research to date has been done on animals.
- **Short term** human studies with intermittent fasting:
 - Reductions in weight
 - May reduce blood sugar and insulin resistance
 - May lower LDL cholesterol and blood pressure
 - May change the gut microbiome
- Many studies found that improvements comparable with continuous energy restriction.
- Long term effects are yet to be studied. Need more RCTs.
- Very little research comparing different types of fasting.

Fasting In Islam



- Ramadhan Fasting
 - So much more than just a way to lose weight.
 - **The Holy Prophet SAW has said “Fast and you will be healthy”**
 - Research Shows:
 - Increases HDL, decreases LDL.
 - Results in weight loss that is usually regained within a couple of weeks after Ramadhan.
 - Does not negatively effect cognitive or athletic performance.
- Fasting Monday & Thursday long term likely has benefits that have not been studied yet. It is a way to improve physical health and spirituality throughout the year.

So What Is A Healthy Diet?

Canada's food guide **Eat well. Live well.**

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at Canada.ca/FoodGuide

Canada

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Canada's food guide **Eat well. Live well.**

Healthy eating is more than the foods you eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Discover your food guide at Canada.ca/FoodGuide

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Nutrition Resources

- Telehealth Ontario 1-866-797-0000
- Unlockfood.ca
- HealthEUniversity: cardiaccollege.ca
 diabetescollege.ca
- Dietitians.ca
- Cookspiration.com
- Canada.ca/FoodGuide