

Many people are told apocryphal myths about food, lies that rumors have created. People assume responses when the actual answer is unknown. Bad eating habits have formed because people are unaware of the myths that are untrue.

Chocolate is considered an unhealthy, fattening calorie-laden food, when it actually is not. Scientists have identified that the cocoa in chocolate, without the milk and sugar, can fight cancer. Chocolate has tripled the cancer-fighting antioxidants than green tea. Moreover people comprehend chocolate as bad, when many types of chocolate, such as dark chocolate are more salubrious. As long as not replaced by fruits and eaten in moderation, it is a treat.

Tons of people are terrified to consume carbohydrates because all the craze of low-carb diets. Yes, large amounts of carbohydrates can make you fat, but many are healthy. Moreover, people need to understand they need to balance food consumption. Everyone at least needs the following for a healthy diet: 3 oz. of whole grain, 1-3 cups of vegetables, 1-2 cups of fruit, 2-3 cups of dairy, 2-6 oz. of beans and meat, 3-6 oz. of oils, and 30-60 minutes of physical activity a day. Although, eating too much of any food can cause weight gain, keeping away from butter, creamy sauces, soda, and fast food will be better for everyone's health.

These common myths can cause unhealthy diets from the myths of dairy causing people to become fat to red meat being unhealthy for our bodies. It is correct, that whole milk contains a large amount of fat, but milk is a daily essential. Milk contains nutritional value required for growing kids and healthy adults. Also, slim milk and low fat milk can be an alternative, for they have the same nutrients. Red meat has good source of zinc, protein, iron and is necessary for our health. Rumors can cause people to eat only certain foods when our bodies need balance to varieties of food.

Most processed foods and overeating causes much of the weight gain in the world. Processed foods lack nutrients which have a surplus amount of damaging ingredients like hydrogenated oil, high fructose corn syrup, artificial sweeteners, and trans-fats. In addition, stuffing oneself with processed foods will lead to heart disease, cancer, diabetes, obesity and other ailments. Being non-active, interacting with technologies and the feeling of having to eat can cause overeating. Low-fat labels trick many people to eat more by mis-advertising the label. People interpret the label as low-fat and will not gain weight. However, they are high in sugar.

Everything people eat needs to be balanced and eating too much of anything can cause weight gain. These myths have brainwashed many people from eating the vital foods. Without believing every myth people hear and eating natural organic foods will keep each body in healthy shape.

“The closer you get to eating natural products, the closer you get to being healthy.”