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## Facts and Myths about Eating Healthy Food

Good nutrition comes from eating foods in the food group pyramid in the right amounts and prepared in the right ways. The way the food is prepared is one of the most important aspects in it's nutritional value.

One myth is, chicken and fish are always better for you than beef. It depends on how the chicken or fish are prepared. If you bread and deep fry the chicken or fish, or maybe put lots of butter, mayonnaise or cheese, it might have more fat and calories than a roast beef sandwich or even a BBQ hamburger.

Another myth is, salads are always healthy. It depends on what you put in your salad. If you use lots of high fat dressing and add cheese or bacon bits or crutons most of the calories in the salad would be from fat. Also if the salad is mostly iceberg lettuce, there is very little fiber or nutritional value in it.

A third myth is, juices are much better for you than sodas. Many juices have very little fruit in the juice. Most of the calories are from sugar or high fructose corn syrup. Also there are lots of chemicals in them. You also don't get any of the fiber of the fruit which is the best part of the fruit. It is just healthier to eat the whole fruit.

In closing, good nutrition and healthy eating is achieved by eating whole grains, fruits, vegetables, lean meats, low fat dairy foods, and healthy fats and drinking water, and avoiding unhealthy fats, sugar, high fructose corn syrup, fried foods, and most packaged foods.