

# Nutrition Myths

It's easy to get confused with all of the information out there about nutrition but if it seems outrageous it probably is. The best way to get credible nutrition information is to talk to a registered dietitian.

## **I shouldn't eat after 7pm**

Not necessarily true. If you need to stay up late for a test you need energy to fuel your study session

## **Microwaving food zaps nutrients**

NO: The longer & hotter you cook foods the more nutrients you may lose

## **Low or no fat = no calories**

NO: Make sure to read the label, we are talking about fat content here NOT calories

## **Bananas make me fat!**

NO: Bananas are a great source of carbohydrate and potassium

## **More protein = more muscle**

It's actually a combo of protein and carbohydrates that will help you build muscle

## **Vitamins give you energy**

NO: Vitamins have no calories but they do convert energy from food into forms your body can use



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