



COMMUNIQUÉ DE PRESSE
FOR PUBLICATION BETWEEN
MARCH 1 AND 31 2012.

Nutrition-Healthy Eating March: Nutrition Month 2012 Busting Food and Nutrition Myths

HUNTINGDON-February 2012-

From mouth to ear and from generation to generation...there is a mass of information that is circulating in relation to food. Unfortunately some of those are false beliefs. Together, debunk popular beliefs related to food and nutrition with this short quiz. Do it with your family and have fun!



Quiz : True or False ?!?

- 1) Bread make you fat: _____
- 2) Too much sugar can cause diabetes : _____
- 3) Chocolate and greasy foods cause acne : _____
- 4) Eating before bedtime is fattening: _____
- 5) Eating healthy is expensive : _____

Here are some good references in nutrition to power your future discussions around a good, well balanced meal:

Reliable sources of information

Health Canada for good and nutritional advice

<http://www.hc-sc.gc.ca/in-an/index-eng.php>

SOS Cuisine for amazing recipe ideas

www.soscuisine.com

I wish you a beautiful month of March :
Nutrition Month 2012!
Remember to eat your 5 servings of fruits
and vegetables per day ☺



Answers to quiz:

- 1) False, it is sometimes the amount of bread consumed which can be problematic. Basically, the bread is a food low in fat and sugars and contains fiber.
- 2) False, sugar is not the main cause of the disease diabetes. To prevent diabetes, you must eat well, be active and maintain a healthy weight.
- 3) False, acne is particularly due to a surplus of sebum that is produced by the skin.
- 4) False, it is the amount of calories consumed during the day which affects the weight and not the time of day during which calories are consumed. Sometimes snack before bed add extra calories more those consumed during the day and influence weight gain, .
- 5) False, some very nutritious foods are not expensive, such as vegetables, tofu, fruit and frozen vegetables,...

Special should also be monitor.

Reference :
Diététiciennes, Julie. Manger des bananes attire des moustiques, et plus de 150 autres mythes et réalités en matière d'alimentation.Éditions LaPresse, 2009

Claudia Pitre, Dt.P, Community Nutritionist
Regroupement Jeunesse Rurale en Forme
Nutrition.jref@hotmail.com

-30-

Source : Claudia Pitre, Dt.P, Nutritionniste Communautaire
Regroupement Jeunesse Rurale en Forme
450 829-2321 poste 1344
Nutrition.jref@hotmail.com