

# Nutrition myths dispelled

**Myth:** Eggs are not allowed if you have high cholesterol.

**Facts:** For someone with high cholesterol levels, dietary cholesterol should be restricted to 300 mg per day. One whole egg contains approximately 210 mg cholesterol. Therefore, providing that all other dietary sources of cholesterol are avoided, eating one egg per day is not excessive in terms of cholesterol allowance. Since most people do include other cholesterol-containing foods, dietary guidelines recommend two to four eggs per week, as part of a diet low in cholesterol and saturated fats.



## NOTE:

When you do prepare prawns, shrimps and crayfish, make sure to avoid adding butter or cream, which is rich in saturated fat. Rather use olive oil and lemon to prepare and flavor seafood.

**Myth:** Olive oil is not fattening.

**Facts:** Olive oil, used in moderation, is not fattening. However, olive oil is as concentrated in kilojoules as all other dietary fats. Use olive oil in moderation in salad dressings and over roast vegetables if you are watching your weight.

**Myth:** Fresh cream is not fattening.

**Facts:** Dream on! Fresh cream contains the same amount of fat as cream processed into any other form.

**Myth:** Popcorn is free from calories.

**Facts:** Popcorn is made from corn, contrary to the belief that they are "made from air". Commercially made favored popcorn is as fattening as potato crisps, since it contains up to 21 grams of fat and 2 600 kilojoules per 100 grams. The best way to enjoy popcorn as a healthy snack is to make popcorn the old-fashioned way – in a large pot on the stove with a small amount of heated oil – or even better, pop them in a brown paper bag in the microwave oven.



**Myth:** Fruit juice is ideal for weight-loss.

**Facts:** Fruit juice is highly concentrated in natural fruit sugars. Fruit juice is the ideal health drink for growing children and physically active adults and athletes. However, if you are watching your weight, rather eat fresh fruit and drink water. One glass (250 ml) of grape juice (590 kJ) contains more kilojoules than a glass of cola (417 kJ)!

**Myth:** Mozzarella cheese is low in fat.

**Facts:** Low-fat foods, according to food regulations, should contain less than 3 grams of fat per 100 grams. Mozzarella cheese contains 21,6 grams of fat per 100 grams, far exceeding the 3 gram usual recommendation. This odd misrepresentation probably resulted from the fact that mozzarella cheese was marketed as a low-fat alternative to cheddar, which contains 33,1 grams of total fat per 100 grams.

**Myth:** There is no significant difference between 2% and fat-free milk.

**Facts:** The fact is that it all depends on how much milk you consume. If you only use milk in your two cups of tea per day, this would amount to 50 ml of milk ingested per day. However, if you consume two glasses of milk per day, the difference becomes more significant.

**Myth:** Bananas are more fattening than apples.

**Facts:** 1 banana = 350 to 400 kilojoules,  
1 apple = 370 to 420 kilojoules



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