We hear so many conflicting reports out there about foods that burn fat and diets that drop pounds. Can we eat at fast food restaurants while trying to lose weight? What is the truth? This newsletter contains nutrition myths and the truth! The key is, you can eat what you want, just eat a balanced diet in moderation!

Myth #1: Fad diets work for permanent weight lost.

Myth #2: High-protein/low-carb diets are a healthy way to lose weight.

Myth #3: Certain foods, like grapefruit, celery or cabbage soup, can burn fat and make you lose weight.

Myth #4: Starches are fattening and should be limited when trying to lose weight.

Myth #5: Natural or herbal weight-loss products are safe and effective.

Myth #6: I can lose weight while eating whatever I want.

Myth #7: Low-fat or fat-free means no calories.

Myth #8: Fast foods are always an unhealthy choice and you should not eat them when dieting.

Myth #9: Skipping meals is a good way to lose weight.

Myth #10: Nuts are fattening and you should not eat them if you want to lose weight.

Myth #11: Dairy products are fattening and unhealthy.

Myth #12: Eating red meat is bad for your health and makes it harder to lose weight.
The Back Door Food Pantry is pleased to be able to bring their guests inside to wait their turn for service at the pantry. With the cooperation of St. Clare’s Episcopal Church and Temple Beth Emeth, they have reserved the social hall for use as the Welcome Center on Thursday distribution days. The light-filled room and the round tables invite guests to chat in pleasant surroundings—a big improvement over lining up outside in all kinds of weather!

**MYTH #1: Fad diets work for permanent weight loss.**

**FACT:** “LOSE 30 POUNDS IN 30 DAYS!” “EAT AS MUCH AS YOU WANT AND STILL LOSE WEIGHT!” “EAT PICKLE JUICE & VINEGAR FOR 1 WEEK TO LOSE 10 POUNDS!” You’ve heard them all before, but do they really work? In fact, fad diets are not the best way to lose weight and keep it off. These diets do promise quick results for weight loss, which may happen at first, but these are diets that are very hard to follow, and people give up very quickly because they get tired of them and then regain the weight, if not more.

Fad diets can actually be quite unhealthy. Limiting certain foods from your diet might limit nutrients your body needs for survival. Losing weight at a very rapid pace can increase your risk of developing gallstones, too. (A safe weight-loss pace is 1/2-2 lbs. per week). Very low calorie diets (less than 800 calories) per day can also result in heart rhythm problems.

**TIP:** People don’t go on diets, people change their diet. Start by making healthier food choices, eating smaller portions and adding physical activity to your regular daily lifestyle to lose weight and keep it off! By doing all of these things, you can lose weight and decrease your risk of developing chronic diseases, such as type 2 diabetes, heart disease and high blood pressure.

**MYTH #2: High-protein/low-carb diets are a healthy way to lose weight.**

**FACT:** Consuming most of your calories every day from foods high in protein like meats, eggs and cheese is not eating a balanced diet. You will probably consume too much fat and cholesterol, which can raise your risk for heart disease. Also, with limiting fruits, vegetables and whole grains in your diet, you could be setting yourself up for constipation due to a lack of dietary fiber. In addition, eating a limited amount of carbohydrate grams can lead to a buildup of ketones in your blood, which if ketosis develops, can cause your body to produce high levels of uric acid, increasing your risk for gout and kidney stones.

**TIP:** High-protein/low-carb diets are usually low in calories because food choices are extremely limited, resulting in short-term weight loss, but eating a well-balanced diet of carbohydrate, protein and fat can also help you lose weight, while eating a variety of foods you enjoy. Skipping out on fruits, vegetables and whole grains will decrease your consumption of essential nutrients. You are more likely to stick to a meal plan that has a large variety of foods.

**MYTH #3: Certain foods, like grapefruit, celery or cabbage soup, can burn fat and make you lose weight.**

**FACT:** No foods will actually burn fat like these diets claim. Some foods that contain caffeine may speed up your metabolism for a short time, but they do not cause weight loss.

**TIP:** The best and most efficient way to lose weight is to cut back on the total number of calories you consume per day and be more physically active.
MYTH #4: Starches are fattening and should be limited when trying to lose weight.

FACT: Foods high in starch include bread, rice, pasta, cereals, beans, fruits and vegetables like potatoes, peas and yams are not actually fattening when consumed the correct way. Limit portion sizes of these items and watch what you put on top. Items like butter, sour cream or mayonnaise are high in fat and calories, and those are what make starches fattening. Foods high in starch (complex carbohydrates) are actually a very important source of energy for your body, especially your brain!

TIP: Follow a healthy eating plan that includes:

⇒ Fruits, vegetables, whole grains and fat-free or low-fat milk/milk products
⇒ Include lean meats (chicken, poultry), fish, beans, eggs and nuts
⇒ Limit foods high in saturated fats, trans fats, cholesterol, salt and added sugars

MYTH #5: Natural or herbal weight-loss products are safe and effective.

FACT: Products that claim they can make you lose weight or claim to be “natural” are not necessarily safe at all for consumption. Most products in circulation have not been scientifically tested to prove that 1) they are safe, 2) the ingredients listed are actually in the bottle and 3) actually are intended for what they claim they are intended for.

TIP: Talk with your health care provider before using any weight-loss product. Some of these products can be very harmful to your health.

Ignore all those fad diets you hear about. It’s all about balance and moderation. For more information, check out www.choosemyplate.gov. You can even find a customized meal plan specific to you and your goals!
MYTH #6: You can lose weight while eating whatever you want.

FACT: If you are interested in losing weight, you need to have a caloric deficit, meaning you need to use or burn more calories than you eat. You could eat any food you want to lose weight, as long as you are in a caloric deficit over a period of time, by either eating less and/or increasing your daily physical activity. Watch your portions and eat smaller amounts of food that are high in calories, fat and added sugar or eat them less often.

TIP: If you are trying to lose weight, you can eat what you want, just keep track of the total number of calories that you consume on a daily basis. Keep a food journal and write it down! You will really learn what and how much you consume doing this.

TIP 2: For weight loss, the American College of Sports Medicine (ACSM) states 2.5 to 4.5 hours/week of moderate-intensity physical activity only provides modest weight loss. Greater amounts (over 4.5 hours/week) does provide clinically significant weight loss. For weight maintenance after weight loss, there is some evidence that more than 4.5 hours/week of moderate-intensity physical activity will prevent weight regain.

MYTH #7: Low-fat or fat-free means no calories.

FACT: You wish! Typically foods with these claims are lower in calories if given the same portion size of the full-fat product. However, several processed low-fat or fat-free foods may have just as many calories as the full-fat versions or possibly even more, because they may contain added sugar, flour or starch thickeners to improve flavor and texture once the fat is removed.

TIP: Read the Nutrition Facts Panel on your food package to see how many calories you are consuming per serving. It also helps to look at the serving size, because one container of soup, for example, may actually be 2 servings. What does this mean? You have to double everything, including calories.

MYTH #8: Fast foods are always an unhealthy choice and you should not eat them when dieting.

FACT: Although fast food should not be consumed on a regular basis, there are some tips you should be aware for healthier alternatives if you do stop.

TIP: Always go with small size options. The larger sizes can be 3-4 serving sizes, quadrupling your calorie, fat and salt intake! Instead of ordering pop, order water or fat-free milk. If you order a salad, go with grilled chicken without all of the cheese, bacon, croutons and fat-filled salad dressings. Stay away from the fried foods like fried chicken or French fries, as these are high in fat and calories. See page 5 for more information.

If you are going to eat at McDonald’s or any other fast food place, make it a once in a while treat and aim for healthier options. Take a look (Percent Daily Values are based on a 2,000 calorie diet):

**Big Mac Value Meal:**
- medium coke, medium fry
- 1,140 calories
- 48 grams Fat (74%)
- 12.5 grams Saturated Fat (64%)
- 152 grams Carbohydrates (50%)
- 1,255 mg Sodium (52%)

**Premium Grilled Chicken Classic —No Mayo:**
- diet coke, small fry
- 530 calories
- 14.5 grams Fat (23%)
- 2.5 grams Saturated Fat (13%)
- 70 grams Carbohydrates (24%)
- 905 mg Sodium (39%)

**Premium Southwest Salad with Grilled Chicken:**
- water, kids fry
- 390 calories
- 13 grams Fat (17%)
- 3 grams Saturated Fat (17%)
- 41 grams Carbohydrates (13%)
- 670 mg Sodium (30%)

**MYTH #9: Skipping meals is a good way to lose weight.**

**FACT:** The research has shown that people that skip breakfast and/or eat less meals throughout the day are heavier than those that consume a healthy breakfast and eat portion-controlled meals regularly throughout the day. Typically, if you skip breakfast and other meals, you will feel very hungry later on, compensating by eating way more calories than you should normally eat. Eating small meals throughout the day also can help people control their appetite.

**TIP:** Don’t skip meals, especially breakfast. Not a breakfast person? Start small, even with just a piece of fruit or a whole-grain piece of toast with 100% juice. Eat regularly throughout the day with smaller, well-balanced meals.
MYTH #10: Nuts are fattening and you should not eat them if you want to lose weight.

Fact: In small amounts, nuts can contribute to a healthy diet. Although high in calories and fat, they contain heart healthy fats in addition to protein, fiber and minerals.

Tip: Eat a small handful of nuts each day for an in between meal snack. Almonds, pecans and walnuts are great sources of healthy fats.

Myth #11: Dairy products are fattening and unhealthy.

Fact: If you stick to low-fat/fat-free dairy products, such as milk, yogurt and cheese, this will provide you with several health benefits and are lower in fat and calories (compared to the full-fat versions of these products). Dairy products offer protein, calcium, Vitamin D and other nutrients to maintain a healthy body.

Tip: The 2010 Dietary Guidelines for Americans recommends consuming 3 cups per day of fat-free/low-fat milk or other dairy products.

Myth #12: Eating red meat is bad for your health and makes it harder to lose weight.

Fact: It is all about moderation. Eating lean meat in small amounts can be part of a healthy diet. Red meat, pork, chicken and fish contain some cholesterol and saturated fat, but they also contain healthy nutrients such as protein, iron and zinc. Red meat is especially high in iron which is important for red blood cells and delivering oxygen to your tissues.

Tip: Choose cuts of meat that are lower in fat and trim all visible fat. Low-fat meats include pork tenderloin and beef round steak, sirloin tip, flank steak and extra lean ground beef. Equally importantly, watch your portion size and don’t eat red meat at every meal! Three ounces of meat is the size of a deck of cards.

Several people misjudge correct portion sizes. Here are some easy comparisons to help you make sure you do not go overboard on what you are eating! (Source: webmd.com)

<table>
<thead>
<tr>
<th>Grains</th>
<th>Meats, Fish &amp; Nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of cereal flakes = baseball</td>
<td>3 oz. lean meat &amp; poultry = deck of cards</td>
</tr>
<tr>
<td>1 pancake = CD/DVD</td>
<td>3 oz. grilled/baked fish = checkbook</td>
</tr>
<tr>
<td>1/2 cup cooked rice = light bulb</td>
<td>3 oz. tofu = deck of cards</td>
</tr>
<tr>
<td>1/2 cup cooked pasta = light bulb</td>
<td>2 Tablespoon peanut butter = golf ball</td>
</tr>
<tr>
<td>1 slice of bread = cassette tape</td>
<td>2 Tablespoon hummus = golf ball</td>
</tr>
<tr>
<td>1 bagel = 6 oz. can of tuna</td>
<td>1/4 cup almonds = 23 almonds</td>
</tr>
<tr>
<td>3 cups popcorn = 3 baseballs</td>
<td>1/4 cup pistachios = 24 pistachios</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables</th>
<th>Meats, Fish &amp; Nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium fruit = baseball</td>
<td>3 oz. lean meat &amp; poultry = deck of cards</td>
</tr>
<tr>
<td>1/2 cup grapes = 16 grapes</td>
<td>3 oz. grilled/baked fish = checkbook</td>
</tr>
<tr>
<td>1 cup strawberries = 12 berries</td>
<td>3 oz. tofu = deck of cards</td>
</tr>
<tr>
<td>1 cup salad greens = baseball</td>
<td>2 Tablespoon peanut butter = golf ball</td>
</tr>
<tr>
<td>1 cup carrots = 12 baby carrots</td>
<td>2 Tablespoon hummus = golf ball</td>
</tr>
<tr>
<td>1 cup cooked vegetables = baseball</td>
<td>1/4 cup almonds = 23 almonds</td>
</tr>
<tr>
<td>1 baked potato = computer mouse</td>
<td>1/4 cup pistachios = 24 pistachios</td>
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</tbody>
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<tr>
<th>Sweets &amp; Treats</th>
<th>Fats &amp; Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 piece of chocolate = dental floss package</td>
<td>1 Tablespoon butter or spread = poker chip</td>
</tr>
<tr>
<td>1 brownie = dental floss package</td>
<td>1 Tablespoon salad dressing = poker chip</td>
</tr>
<tr>
<td>1 slice of cake = deck of cards</td>
<td>1 Tablespoon mayonnaise = poker chip</td>
</tr>
<tr>
<td>1 cookie = 2 poker chips</td>
<td>1 Tablespoon oil = poker chip</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy &amp; Cheese</th>
<th>Fats &amp; Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 oz. cheese = 3 stacked dice</td>
<td>1 Tablespoon butter or spread = poker chip</td>
</tr>
<tr>
<td>1 cup yogurt = baseball</td>
<td>1 Tablespoon salad dressing = poker chip</td>
</tr>
<tr>
<td>1/2 cup frozen yogurt = light bulb</td>
<td>1 Tablespoon mayonnaise = poker chip</td>
</tr>
<tr>
<td>1/2 cup ice cream = light bulb</td>
<td>1 Tablespoon oil = poker chip</td>
</tr>
</tbody>
</table>

For more information, go to www.webmd.com/diet/healthtool-portion-size-plate
I’m sure many of you have heard these above statements before. These statements could almost be posted on the wall of gym as three of the basic tenets of exercise. They also have one other thing in common, they are all false. Indeed, as often as your hear these statements there is no physiological truth behind them, in fact quite the opposite. Let’s quickly explore the fact and fallacy behind these three statements.

**Cardio on an Empty Stomach**

**Fallacy:** doing cardio on an empty stomach causes your body to bypass circulating sugars in your blood and your muscles and “tap” into fat stores right away.

**Fact:** in the absence of sugar, the body is far more likely to breakdown muscle tissue as a fuel source, then fat. Since muscle tissue is a very inefficient fuel (and also something we really don’t want to lose) the intensity of your workout has to be less, which results in fewer calories burned and ultimately less fat loss. Not to mention the likelihood that your blood sugar could drop so low you might have to stop exercise altogether.

**High Reps for Toning, Low Reps for Building**

**Fallacy:** lifting heavy weight causes your muscle fibers to grow far bigger than lifting lighter weights, which just causes the muscle tone.

**Fact:** all weight lifting results in some degree of structural change to the muscle. The highest of high reps (> 15) typically results in very little structural change at all, this rep range is more responsible for functional metabolic changes in the muscle. The lowest rep ranges (< 5) tend to result in more neuromuscular change, meaning these rep ranges make the connections between the mind and muscle stronger. Middle rep ranges (6-15) result in the most structural change or growth. This growth occurs the same way whether it’s 6 reps or 15 reps; the muscle doesn’t tone or bulk any differently within this range.

**Spot Reduction**

**Fallacy:** performing exercises for a focused area on the body will result in that area looking better.

**Fact:** unless you have next to no fat on a given area of the body, doing a resistance training exercise (like a crunch for the abs or a hip abduction machine for the outer thighs) will result in very little change in the appearance of that part of the body. We can’t spot reduce through exercise. When you train a muscle in a given area of the body it does result in positive changes to the muscle, however if there is a layer of fat over top of the muscle you won’t ever see those changes. To lose the fat on top of the muscle you have to put yourself in calorie deficit; eating less and moving more – it’s that simple.

Now that we’ve separated fact from fallacy; get out there and start exercising!!!

*By Michael Stack, BS CFP CSCS*D, Exercise Physiologist and Owner of Applied Fitness Solutions (www.appliedfitsolutions.com), to contact Michael you can email him at stack@appliedfitsolutions.com or call 734-994-8570.*

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**Exercise!**

“Do cardio on an empty stomach, you’ll lose more body fat.” “High reps tone, low reps bulk.” “If you want to tone your thighs and butt, you should do a lot of leg exercises.”

“Just over a month ago I was counted as one of the thousands of volunteers who help Food Gatherers provide an essential food bank service to those in need within Washtenaw County. When I noticed a recent opening for a Food Runner position at the warehouse, I jumped at the chance! After having spent a considerable amount of time volunteering at the Community Kitchen serving meals, I am excited to now become more familiar with the broader network of donors and agencies that create such a positive impact in our community. Being out on the road making food deliveries and picking up donations provides a truly amazing perspective on the amount of food being distributed. I am very pleased to be the newest member of the Food Gatherers team and cannot wait to get behind the wheel of those unmistakable trucks with the big carrot on the side. See you soon!”

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**What’s New at Food Gatherers?**

We have hired a new driver, René Buys! Check out what he wants you to know about himself!