

MODULE 1 PINGGANG PINOY



LET'S REVIEW!

One way to make good nutritional decisions is to be aware of food fallacies.

FACT OR MYTH?

Specific exercises can burn fat from a particular body part (e.g. crunches for smaller waist).

Fact

Myth

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Specific exercises can burn fat from a particular body part (e.g. crunches for smaller waist).

Fact

Myth

Exercising a specific body part (e.g. crunches for the stomach) will help tone and build muscles in that area, however, fat burning will not be concentrated on that area, but throughout the body.

FACT OR MYTH?

Eating a full breakfast can be fattening.

Fact

Myth

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Fact

Myth

Eating a well-balanced breakfast may reduce the urge to binge eat during lunch or dinner. Studies have shown that adolescents who skip breakfast actually tend to have higher body-mass index.

FACT OR MYTH?

The fat gained during childhood and adolescence is okay.

Fact

Myth

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Fact

Myth

When more calories are consumed than burned, much of the excess calories are stored as fat. The common notion that it is okay for children to be obese, thinking that they will lose the excess weight easily later on, is not true.

FACT OR MYTH?

The fat gained during childhood and adolescence is okay.

Fact

Myth

The fact is that fat cells increase rapidly during late childhood and early puberty. Therefore, an obese child will experience difficulty in losing weight and will have a high risk of becoming an obese adult later in life.

FACT OR MYTH?

Fad diets are healthy ways to lose weight.

Fact

Myth

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Fact

Myth

Fad diets are popular eating plans that promise rapid weight loss. Fad diets include limiting certain food items (e.g. no rice diet) or overemphasizing others (e.g. high protein Atkins diet). To lose weight, some individuals use non-prescription supplements, herbal laxatives and weight loss shakes.

FACT OR MYTH?

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Myth

However, these ways are neither healthy nor effective in the long run, because they promote bad eating habits. A person who repeatedly engages in fad diets or uses weight-loss products can suffer from body weight fluctuations,

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which actually makes the body store more fat. This, in turn, is associated with increased risks of lifestyle diseases such as diabetes, heart disease, and even premature death.

FACT OR MYTH?

Snacking aids in losing weight.

Fact

Myth

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Fact

Myth

Snacking can help control both hunger and portion of food consumed during main meals. This may eventually help in losing weight. The key is choosing a nutritious snack such as nuts, fruits, vegetable, bread, milk, and yogurt.

FACT OR MYTH?

The energy in food is called calories.

Fact

Myth

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Fact

Myth

Energy is the capacity to do work, whether voluntary (i.e. activities of the body done at will such as walking, running, typing) or involuntary (i.e. activities of the body that we are not fully conscious of, such as respiration or digestion).

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Fact

Myth

Energy in food is measured as Kilocalorie (Kcal), which we commonly refer to as calories.

We should do our part to promote healthier eating habits among family members, friends and others in our community.

