

Wellness

CAMPUS

MODULE 3 GROW FOODS



LET'S REVIEW!

One way to make good nutritional decisions is to be aware of fallacies related to Grow foods.

FACT OR MYTH?

Extra protein is needed to tone and build muscles.

Fact

Myth

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Fact

Myth

Athletic training such as weight lifting builds muscle strength and size. Consuming more protein would not make any difference. Since protein can also provide calories, excess protein can be stored as fat.

FACT OR MYTH?

Extra protein is needed to tone and build muscles.

Fact

Myth

Therefore, to build muscles, a person just needs to consume enough protein (no need for extra doses) and sufficient calories, and train regularly.

FACT OR MYTH?

Fact or myth? Peanuts cause acne.

Fact

Myth

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Fact or myth? Peanuts cause acne.

Fact

Myth

Peanuts have no effect on the severity of acne. Anxiety, lack of sleep and hormonal fluctuations of the menstrual cycle are more likely to cause acne flare ups. It is best to consult a dermatologist for proper acne management.

FACT OR MYTH?

The quality of protein can be improved by combining different Grow foods in the diet.

Fact

Myth

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Fact

Myth

Some proteins sources are of less quality over others as these lack some amino acids needed for growth and development. A way to improve protein quality is by pairing one protein source to another - for instance, tripes and garbanzos in *callos* or green peas, cashews and peanuts for snacks.

We should do our part to promote healthier eating habits among family members, friends and others in our community. Encourage others to eat proteins from different sources in the right proportions each day.

