




Get Your Facts Straight !

Fallacy	Fact
Fruit beverage, fruit cocktail, fruit drink, fruit juice are all the same thing.	Did you know that only fruit juice is 100% juice and ½ cup counts as one serving of vegetables and fruit from Canada’s Food Guide. The rest of these beverages contain added sugar and fewer nutrients. In addition to juice, eat a variety of fruits and vegetables which are higher in fibre and other nutrients than juice. 
Chocolate milk is junk food.	Chocolate milk has all the vitamins and minerals of regular milk, no more sugar than orange juice, and a similar amount of fat to 2% white milk. So .. Enjoy this great source of calcium!
The less fat you eat the better. 	Fat is an essential nutrient and you need some in your diet to be healthy. Fat provides energy and essential fatty acids that our body cannot produce. It also helps absorb fat-soluble vitamins A, D, E, and K. So don’t go overboard in reducing fat and don’t cut out nutritious higher fat foods, like nuts and cheese.
Skipping breakfast is okay if you aren’t hungry.	Starting off the day with a nutritious breakfast allows you to get through the morning without feeling tired and that you are “running on empty”. A good rule of thumb is to try to include foods from 3 of the food groups.
Eating vegetarian is always healthier. 	Any kind of eating pattern can be healthy if the right choices are made to get the nutrients you need to be healthy. If you choose to become a vegetarian, it is important to choose a variety of foods from groups outlined in the <i>Vegetarian Rainbow</i> or <i>Vegan Rainbow</i> guide. (See the web sites for these on the other side). If you are thinking about becoming a vegetarian, check with a dietitian for more information.

How can you tell if nutrition information is fact or fallacy ?

1. **Are whole food groups like Grain Products or Milk Products eliminated?**
Remember that healthy diets contain foods from all food groups in Canada’s Food Guide to Healthy Eating.
2. **Is the information from personal success stories rather than from sound science?**
Nutrition information should be backed up by reliable research.
3. **Does the message promise quick dramatic results or cures?** There are no magic foods. A diet of a variety of foods is best.
4. **Does the information say that some foods are good and some are bad?** All foods can be part of a healthy diet. Choose foods from the “Other” food group such as soft drinks, candy and higher fat snack foods less often.



Credible Web Sites to Check Out

Dietitians of Canada: Official website developed by Canadian dietitians. You can find a dietitian in your area and use their menu planner (Let's Make a Meal). The menu planner is easy to use and provides you with a print out and break down of calories, % carbohydrates, fat and protein. www.dietitians.ca

Health Canada: Find more information on nutrition labelling, Canada's Food Guide to Healthy Eating and much more. www.hc-sc.gc.ca/hppb/nutrition

Health Information Resource Centre: This is a great PEI web site to get more information on health related issues; for example cardiovascular disease, diabetes, osteoporosis, etc. www.hirc.pe.ca

Kidnetic: Great website for children and youth. <http://www.kidnetic.com>

Dole Foods: Fun kids section. <http://www.dole.com>

Milk Maritime: Recipes and activities. <http://www.justaddmilk.ca>

Vegetarian Food Guides: Vegetarian food guide at: <http://www.nutrispeak.com/vegetarianrainbow.htm> Vegan food guide at: <http://www.nutrispeak.com/veganrainbow.htm>

How to Determine if a Web Site is Credible

When finding a great website look to see if: 1) the resource is credible; 2) content is suitable; 3) the information is relevant to you; 4) the resource is timely; 5) there are clear caution statements; and 6) the site is user-friendly.

“... remember that any health information you find on the Internet is only that -information. It cannot replace the expert advice of your doctor or other health professional!”

PEI Healthy Eating Alliance

“Working to improve the eating habits of PEI children and youth”

For more information: (902) 368-6713

