

WEIGHT LOSS MYTHS

MYTH... Rapid weight loss means less body fat.

FACT... Fad diets and crash dieting actually result in loss of lean muscle mass and water, not excess body fat. Losing body fat takes time... we know it isn't easy, but be patient.

MYTH... Skipping meals helps you cut down on calories and lose weight.

FACT... Skipping meals means you can become so hungry that you overeat. Regular meal skipping can actually alter your metabolic rate, which can lead to difficulties in maintaining a healthy weight.

MYTH... Becoming vegetarian will help you lose weight

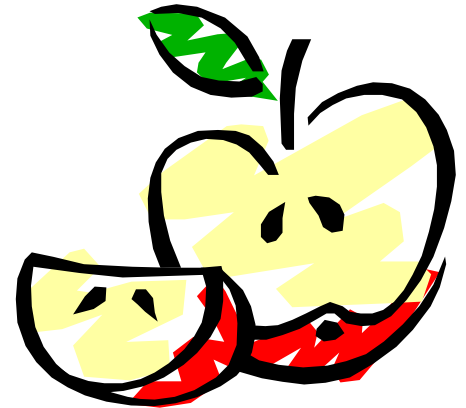
FACT... Not always. Vegetarian meals can have just as much fat as a meal with meat. It all depends on your food choices. Choose lower-fat products such as beans, legumes, and low-fat yogurt and cheese. If including meat, choose lean beef, chicken, turkey or fish.

MYTH... Everybody needs to take nutrient supplements.

FACT... You might need a vitamin or mineral supplement. First learn more about the foods you are eating. Is there a gap between what your body needs and the nutrients in your food? Get a copy of "Nutrition Works - Nutrient Analysis" brochure to find out what is in the foods on campus.

MYTH... To stay healthy you should follow a fat-free diet

FACT... Fats contain essential nutrients and are required by your body to absorb fat-soluble vitamins A, D, E, and K. A bit of fat makes food taste good too and helps you to feel satisfied with your meal. You need some fat every day... just not as much as some people eat.



TOP 10 TIPS FOR SAFE AND LASTING WEIGHT LOSS

- Allow yourself to have a planned snack between meals. A healthy snack can provide you with energy and keep you from overeating at your next meal.
- If you drink alcohol, drink in moderation. Do you know how many extra calories you're guzzling?
- Stay active. Moderate exercise can make you feel good, increase your energy level and help you achieve and maintain a healthy weight. Try at least 30 min. of exercise, four days a week.
- Stress is a part of life. How you react to stress affects your health and nutritional status. You will be better able to cope with stress if you follow a healthy eating pattern. Try not to turn to comfort foods for relief...food doesn't make the stress go away!
- Eat for the right reasons. Eat when you need energy, not because you are bored or your friends are eating.
- Don't stuff yourself. Take smaller bites, chew your food longer and stop eating when you have met your fuelling needs.
- Drink lots of water. Aim for 4-6 glasses of water every day in addition to other fluids and foods. Hydrating your body helps you fight fatigue.
- Eat more veggies & fruit. They are low in calories, high in fibre, vitamins & minerals and taste great.
- H.A.L.T. Overeating often happens when you are Hungry, Angry, Lonely, or Tired. Recognize your feelings, pause and make a choice consistent with your goals. Eating may offer you some comfort, but the relief is short-lived when your food choices leave you feeling guilty.
- Don't deny yourself. Denying yourself of life's food pleasures can lead to overeating and guilt. It's okay to indulge in your favourite treat once in a while.

WEIGHT GAIN MYTHS

MYTH... Creatine will help me gain muscle weight.

FACT... Creatine is used by athletes to increase their speed and power during intense, repetitive sport events. Users of creatine may experience an increase in body mass. However this weight gain is attributed mainly to water retention and is not an indicator of increased muscle tissue. Current studies have found that creatine supplementation has no health risks, however long-term studies have yet to be completed.

MYTH... Loading up on carbohydrates helps you gain weight

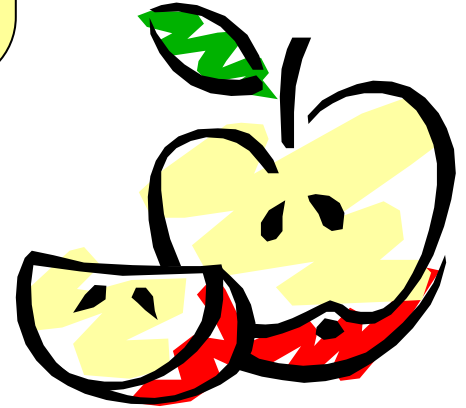
FACT... Carbo-loading has been found to improve athletic performance in some sports. A possible side effect of this regime is excess water stored in the muscles. This may increase body weight but can cause stiffness and is not a lasting weight change.

MYTH... The more protein I eat the more muscle I will gain.

FACT... Excess protein is stored as fat. Make sure you are meeting your protein needs, but don't overdo it!

MYTH... Gaining weight is easier and quicker than losing weight.

FACT... Sometimes it takes longer to gain weight than it does to lose it! We know it isn't easy...but be patient!



TOP 10 TIPS FOR SAFE EFFECTIVE WEIGHT GAIN

- Snack between meals. Adding healthy snacks to your meal plan helps to provide you with energy, nutrients and extra calories throughout the day.
- Stay active. Moderate exercise can make you feel good, increase your energy level and help you to gain lean body mass. Consult a personal trainer for the best weight gain program for you.
- Be sure to include a pre- and post-workout snack to provide your body with the tools to repair and rebuild your muscles and to replenish your body's glycogen stores for your next workout.
- Stress is a part of life. Loss of appetite during stressful events is an adaptive reaction - it becomes harder for your body to digest and absorb food. Not eating can make the stress even worse and so you should plan small meals and nutritious snacks. You will be better able to cope with stress if you follow a healthy eating pattern.
- For extra calories choose from a variety of foods such as milk, meat, fruits, vegetables, and grains.
- When gaining weight it is important to exercise, but don't forget that you will be burning more calories! Muscle can be gained through intense strength-training several times each week coupled with the consumption of extra calories.
- Drink lots of water. Aim for 4-6 glasses of water every day in addition to other fluids and foods. Water is necessary to hydrate your body and helps you fight fatigue.
- Eat balanced meals and snacks. Bulky low-calorie foods, such as cereal, grains, and salads may fill your plate but do not offer enough calories.
- Don't skip meals! People who sleep in and skip breakfast miss the opportunity to add extra calories to their fuel plan.
- Designer protein drinks can be overrated. You don't have to spend money on protein supplements. It is possible (and cheaper) to achieve your goals using everyday foods.