

NUTRITION MYTHS

MYTH: You have to consume milk or dairy to meet calcium needs.

FACT: Plants are the original source of calcium absorbing minerals from the soil.

Calcium and other minerals are found in the soil and are absorbed into the roots of plants. The calcium in cow's milk originates in those calcium-rich plants the cow eats.

Daily calcium requirement:
1,000 mg for adults and children ages 4 and older.

98 mg
Soy Beans
cooked, 1 cup



CALCIUM

125 mg
Broccoli
cooked, 2 cups



CALCIUM

268 mg
Collards
cooked, 1 cup



CALCIUM

316 mg
Skim Milk
1 cup



450 mg
Almond Milk
1 cup



Source: USDA Nutrient Analysis Database

MYTH: Carbohydrates are bad for you.

FACT: Not all carbs are created equal. Carbohydrates from vegetables, fruits, whole grains, beans, and legumes provide energy, essential nutrients, and are health-promoting carbohydrate choices.

Nutrient Dense = More Nutrition for Less Calories

Steel Cut Oats



150	CALORIES	350
5 g	PROTEIN	14 g
33 g	CARBOHYDRATES	70 g
1 g	FAT	2 g
4 g	FIBER	2 g

Plain Bagel



There are many different types of carbohydrates. Your focus should be on choosing the right type of carbs, not getting rid of carbs altogether. Whole plants and unrefined whole grains are excellent carbohydrate choices that provide fiber, protein, vitamins, minerals, phytonutrients, and healthy fats. Carbohydrates are the body's preferred source of energy and the brain's only source of energy.

Source: USDA Nutrient Analysis Database

MYTH: Most people do not get enough protein.

FACT: The average person consumes too much protein.

How much protein do you need per day?

19-51+ years old*



*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>
J Acad Nutr Diet. 2013 Dec; 113(12): 1610-1619.

MYTH: You need to eat animal protein to meet your protein needs.

FACT: Plants foods such as beans, lentils, nuts, whole grains, and veggies provide ample protein, as well as fiber and other essential vitamins, minerals, and phytochemicals not found in animal products such as meat, fish, poultry, eggs, and dairy.

PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g Red Lentils boiled, 1 cup 	17g Edamame boiled, 1 cup 	15g Black Beans cooked, 1 cup 	6g Almonds 1 oz 	5g Peas cooked, 1 cup 	5g Baked Potato 1 medium 	5g Spinach boiled, 1 cup 
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ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g Egg cooked, 1 	20g Salmon cooked, 3 oz 	25g Steak cooked, 3 oz 	25g Chicken cooked, 3 oz 
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Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database



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