

Remember when mum said a certain food magically makes you taller or smarter, and some food makes you sick. But how true are these statements people make about food? Here are 7 common food myths that will surprise you.

#1

MYTH	TRUTH
 <p>Frozen / canned fruits & veggies are less nutritious.</p>	 <p>Less nutrients are lost through quick-freeze food processing than during shipping of fresh fruits & veggies.</p>

Fresh fruits and vegetables are more nutritious during the instant they are picked. However, the food you find in the produce section often had a long journey. During shipping and storage, nutrients are often lost.

By contrast, food processors quick-freeze fresh-picked produce, which preserves much of its vitamin and mineral content.

#2

MYTH



Saturated fat causes heart disease.

TRUTH



The bad fats that increases the risk of heart disease are trans fat and too much omega-6.



Note that too much saturated fat is still not ideal, and it is important to keep a balance of saturated and unsaturated fat in your diet.

[Click here to find out what are the common food containing saturated fat.](#)
Or understand more about [trans fat](#) and [omega-6](#).

#3

MYTH



Nuts are as bad
as junk food

TRUTH



Nuts are excellent sources of
protein and other nutrients.



Nuts are excellent sources of protein and other nutrients, as long as you keep to a healthy serving!

Harvard researchers found that women who ate that amount about five times a week were 20 percent less likely to develop type 2 diabetes than those who didn't eat them as often.

#4

MYTH



Extra virgin olive oil is the better choice for everything.

TRUTH



Olive oil is NOT suitable for deep frying or high heat cooking.



Olive oil is actually not a good choice for deep frying or high heat cooking as the oil will produce off flavours, and it's worse than deep frying with vegetable oil.

#5

MYTH



Snacking is a bad habit.

TRUTH



Enjoying a small meal or snack every 4 hours is recommended for a healthy diet.



Snacking on foods that are high in fibre, protein, and healthy fats are good for you! It can help to fill your stomach so you make better food decisions.

(FYI) A study done in the US found that snacking on dried fruit improved the diet quality and reduced obesity in adults.

Read more on [the worst and best time to snack](#).

#6

MYTH



Calories eaten at night
are more fattening.

TRUTH

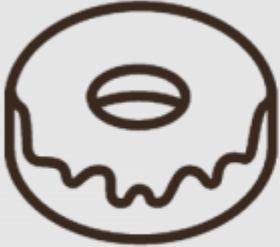
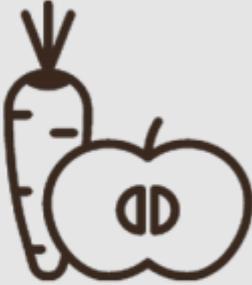


If you eat more calories than you
burn, you will gain weight regardless
what time of the day.



If you ate more calories in a day but burned less than what you ate, it will contribute to weight gain, not supper.

#7

MYTH	TRUTH
 <p data-bbox="221 1028 608 1104">All sugar is bad, I should cut down on it completely.</p>	 <p data-bbox="831 1014 1209 1131">Sugar is found naturally in fruits and vegetables, and it provides energy.</p>

Food that naturally carry sugars contains beneficial fiber, vitamins and minerals.

However, try to cut down on refined sugar and switch to wholegrain varieties instead!

Did you spot any food myths that you're guilty of believing? Next time when you hear that what you're eating is causing your body harm, don't panic before finding out the truth!

Enough of food myths, here's something that is not a myth: [6 Brain Foods That's Easy to Get and really does give you a cognitive boost.](#)