

JANUARY NUTRITION NEWSLETTER

NUTRITION FACTS

Debunking common nutrition myths

The new year is often met with plenty of pressure to improve your nutrition and lifestyle. Although making healthy lifestyle changes is always a great idea, it's important to follow an evidence-based practice. This month's newsletter will help you on this path by debunking common misconceptions about nutrition!



MYTH

Calories are bad for you

MYTH

You have to cut carbs to lose weight

FACT

Calories are a unit of measure used for energy. Like a car, our bodies need gas in the form of calories to run.

Everything we eat - whether it be fruits, vegetables, starches, protein or fat - break down into usable energy (calories). What's more important is where our energy comes from. We are better off prioritizing calories from whole foods rather than ultra-processed foods as they also provide us with other essential nutrients.

FACT

Cutting out a whole macronutrient is never the answer!

Carbohydrates are an essential source of energy our bodies need. Carbs break down into glucose which is the primary source of energy for your brain. However, carbs shouldn't be your only source of energy. It's recommended that we pair carb containing foods with sources of protein and healthy fats at each meal. Carbohydrates are primarily found in fruits, vegetables, starches, dairy products and baked goods.

MYTH

Fats are bad for you

FACT

All fats are not bad for you. Unsaturated fats or “healthy fats” are an essential source of long-lasting energy. These fats work to actively lower our cholesterol, help us absorb fat soluble vitamins, support brain function and hormone production. Healthy fats are found in nuts, seeds, fish, avocados, vegetable oils and soy products.

MYTH

You can never have enough protein

FACT

Protein has many benefits, it provides long lasting energy, helps to build muscle and regulates blood sugars. However, based on our daily activity levels and current health conditions, our bodies only need a certain number of calories. Once we’ve met our caloric needs for the day, any excess protein that was consumed is converted into carbohydrates and fat.

MYTH

Natural sugars are healthier than white sugar

FACT

The benefit to opting for honey or maple syrup over white sugar is that these products provide us with added minerals and vitamins that white sugar does not have. But the sugar content itself is all broken down into the same molecule, **glucose**.

If you want the added benefits of natural sugars that’s amazing! But no need to feel shame for using white sugar. What’s more important is that you have any type of sugar in moderation and are pairing with sources of protein and healthy fats.

MYTH

Bananas and grapes are high in sugar and should be avoided

FACT

Fruits are carbs and therefore are broken down into sugar(glucose) in our bodies when digested. Bananas and grapes do have a higher glycemic index, meaning the sugar from these fruits are absorbed faster into our bloodstream. However, these fruits also contain fiber and many important nutrients like potassium and vitamin C. If you like these fruits, have them, enjoy them, in moderation!

YELLOW LENTIL STEW (DAHL)

Ingredients

- 1 cup yellow lentils (or red lentils)
- 3 tbsp olive oil
- 1 yellow onion, diced
- 1- 2 inch knob of ginger, grated
- 4 garlic cloves, sliced
- 1 tsp tomato paste
- 1 can diced or crushed tomatoes
- 1 can coconut milk
- 2 cups vegetable broth
- 2 cups baby spinach, roughly chopped
- 1 tbsp lemon juice

Spices:

- ½ tsp ground turmeric
- 1.5 tsp ground cumin
- ½ tsp cayenne pepper
- salt and pepper to taste

Instructions

1. Place lentils in a medium bowl and rinse 2-3 times until the water runs clear. Soak lentils in fresh water for 30 minutes.

2. While the lentils are soaking, prep your ingredients.

Dice onions, slice garlic, grate ginger, combine all spices into a small bowl and set aside.

3. Heat 3 tbsp of olive oil in a large soup pot over medium heat. Add onions and cook for 2-3 minutes until they become soft and translucent. Add in garlic and grated ginger, cook for another minute

4. Stir in spices and continue to saute for 1-2 minutes

5. Add in tomato paste and diced tomatoes, stir and cook for 3-4 minutes

5. Add in 1 can coconut milk, 2 cups vegetable broth and drained lentils. Cover the pot and simmer for about 30 minutes or until lentils become soft.

6. Add chopped spinach and lemon juice, stir until spinach is wilted

7. Garnish with cilantro and serve with naan or rice

