



Diet myths

- **Banana is Fattening**
 - Bananas are low in fat and are packed with potassium; A banana has 0.5g fat and 95 calories
- **Vegetarians cant build muscle**
 - Body can get the required protein to build muscle mass from vegetable sources such as cheese, nuts, pulses and grains
- **Cholesterol is Bad for you**
 - Cholesterol can be bad because it forms deposits that line and clog arteries. Clogged arteries contribute to heart disease. But we all need some blood cholesterol because it's used to build cells and make vital hormones.
- **Low-fat foods help lose weight**
 - 'Low-fat' or 'fat-free' doesn't necessarily mean low calorie or calorie-free
- **Fattening foods equal rapid weight gain**
 - True weight gain is a slow process. 3500 calories are required to gain one pound of body fat
- **Crash dieting or fasting makes you lose weight**
 - Losing weight over the long term burns off fat. Crash dieting or fasting not only removes fat but also lean muscle and tissue. The loss of lean muscle causes a fall in your basal metabolic rate - the amount of calories your body needs on a daily basis.
- **Low-fat or no-fat diets are good for you.**
 - A third of calories should come from fat. Body needs fat for energy, tissue repair and to transport vitamins A, D, E and K around the body

Dieting Can Be Fattening 5033a

Christian Drosten



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