10 COMMON HEALTH AND NUTRITION MISTAKES

The Other Side of Food
1. Believing the Idea that You Must Eat Less Food to Lose Weight

Are we talking about fewer calories, less volume of food, or eliminating junk food all together? This idea is ambiguous and can hardly be considered legitimate food advice.

Most people assume that dieting means cutting what you eat and nearly starving yourself. While eliminating the bad foods in your diet is essential, eating more of the good ones is just as important.

Being on a clean diet is really disguised as a high fiber diet. Eating a high fiber diet allows you to get full with less food.

2. Starving Yourself to Lose a Few Pounds

Starving yourself is never a legitimate way to lose weight. I can’t tell you how irritating it was to see a handful of my friends try this in their youth.

By starving yourself of food, you’re really depriving your body of glucose – the energy molecule of life.

By doing this, you’re putting your body into a “starvation” mode and telling it to start feeding on itself. This causes your metabolism to slow down and lowers your energy. You will not be nearly as sharp and you will struggle to stay focused.

3. The Belief that Eating a Healthy Diet is too Expensive

Eating healthy can only be expensive in relative terms to what your current eating habits are like. Do you go out for most meals? In that case you are likely spending between $7-8 per meal which can easily add up to $150 per week.

Hmm this seems pretty expensive.

In my meal plan How To Eat Healthy For Under $45/Week, I have outlined just you how affordable eating healthy can be. It’s true that you can live off the dollar
menu for only a few bucks a week. However, the long term effects on your health will likely exceed the cost of eating healthy. Not to mention you will become a massive unhealthy sloth in the process.

4. Relying on the Media to Provide Accurate Nutritional Information

The media is in the “interrupting-you-from-whatever-you’re-doing” business. We all know they report extreme circumstances of things to capture our attention and draw us in.

While there may be some underlying merit to these extremes, the main intent is to get you to tune in and watch. Health and nutrition advice is merely secondary.

It’s also important to remember that many nationally recognized news outlets portray themselves on one side of the political spectrum. They are likely to report a story that appeals to the vast majority of their audience rather than academic certainty.

5. Relying on the Front Packaging Rather than the Nutritional Label for Factual Content

Many people don’t know that the front and the back of foods are regulated by two different institutions. The Federal Trade Commission (FTC) is responsible for the front which explains this side catches our eye and brags about all the “good” stuff that’s inside. The main responsibility of the FTC is to promote fair trade between companies.

Once one company finds a clever way to bend the legalities of food marketing, the FTC will likely up hold it for everyone else. An equal field is a good field in the eyes of the FTC.

On the contrary, the FDA’s responsibility is to protect you from unsafe food. It’s no coincidence that the most accurate health claims are on the nutrition labeling on the back.
6. Relying on Supplementation Rather than Actual Food for Nutrition

Supplementation is not to be considered a foods nutritional equivalent. **Limited research has proven that isolating the nutrients in food and consuming them as a supplement is beneficial.**

Michael Pollan, author of *In Defense of Food*, argues the synergistic effect that foods have when we consume them in their entirety. By isolating nutrients and consuming them in a supplement we are discounting the natural nutrient formation that nature has intended.

7. Believing the Government’s Guidelines for Healthy Eating is the Best Advice

The government’s guidelines are highly influenced by many industries competing for market share all within the food industry. The government does what it can to protect you from harmful ingredients however it won’t compromise another industries best interest in doing so.

**The food pyramid has been the backbone of our dietary guidelines for decades. However, its effectiveness has yet to be seen as obesity rates continue to rise.** Open your ears to a variety of healthcare professionals – journalists, doctors, and nutritionists and form your own opinion. Look for compelling academic evidence to validate each’s advice.

8. Eating Carelessly Post-Workout Because Your Metabolism will “burn it off”

Once upon a time, a naive boy named Chris worked out with a trainer who gave him the most exciting nutrition advice ever told. He told Chris, “You can eat anything you want after one of my workouts because your high metabolism will burn it off. 4 weeks of massive post workout eating left Chris with a beer belly that wasn’t caused by beer.
Okay it was me, I fell for this advice and maybe you have too. I’m not sure who started this painfully deceptive trap but it’s untrue. **Eating carelessly is never adequate nutrition advice; unless you are using it as your “cheat meal” once or twice a week.** While it’s true that a higher metabolism burns calories faster than a slower metabolism, the source of these calories is ultimately more important.

Take for example, NBA superstar Dwight Howard. He is a lean muscular athlete who most people who would agree is the epitome of health. However, Dwight Howard was a diabetic for quite some time, without knowing it. How could this be? His physical appearance wouldn’t indicate this. He revealed to CBS, that he was eating the sugar equivalent of 24 Hershey Bar’s a day. That’s right A DAY!

Even in the rare case that you are able to maintain a physical fit appearance while eating carelessly, you are still wreaking havoc on your body that doesn’t meet the eye.

**9. Drinking Fruit Juice Because it’s “healthy”**

Maybe you’ve started drinking more fruit juice because you’ve noticed the increasing amount of health claims on the bottle. Perhaps you have grown up drinking orange juice because your mom or dad told you it has vitamin C and it would soothe your cold. While fruit juices do contain a handful of vitamins, many are derived from supplemented ingredients.

In *Squeezed: What You Don’t Know About Orange Juice*, Alissa Hamilton details how manufactures must replenish many substances in your beverage following high heat pasteurization.

This high flash of heat kills most bacteria (good) but also healthy substances (bad) including vitamins and enzymes. This is good for business because it sustains a longer shelf life but compromising nature’s intended nutrition in the process.

**Don’t forget that fruits have sugar in them.**

Yes they have fiber and yes they have powerful antioxidants but beware of HOW MUCH you’re consuming. Many people don’t realize that “JUICING” your fruits often results in an increased consumption. Even If you squeeze your own orange
juice in the morning, you are likely to use 3 to 4 times the amount of oranges to get an adequate amount of juice. This increases your sugar intake by 3 to 4 times as well. Don’t be under the illusion that just because you “JUICED” your fruit means you can consume as much as you’d like.

10. Tracking Your Calories as a Means to Healthy Eating

The conventional wisdom may have told you to track and balance your calories as the means to control your individual weight goals. However, the notion of a calorie is a calorie is no longer a valid hypothesis. Healthcare professionals like Gary Taubes and Dr. Robert Lustig have proven that not all calories are created equal.

Eating two big macs a day equaling less than 1,500 calories will likely wreak more havoc on your body than eating significantly more calories in less processed, fiber balanced foods.

It is my greatest pleasure than I can provide you tips for living a healthier life.

-Chris Catris

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