

NUTRITION



April Fools!

*Don't Be Fooled by these
Common Nutrition Myths*

**Plant-based foods contain 0 grams
of saturated fats.**

Myth! Even plant based foods such as coconut and vegetable oils can contain saturated fats. A small amount of saturated fat from these sources is okay because they also contain other beneficial nutrients.

**Organic foods are more
nutritious.**

Myth! While organic practices may be better for the environment and contain fewer pesticides, organic foods contain no more vitamins and minerals than non-organic foods.

**Supplements are regulated for
safety and efficacy.**

Myth! Dietary supplements are not regulated by the FDA. Therefore, when purchasing supplements do your research before-hand and ask your doctor or a dietitian.

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