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Thread: [Nutrition myths](#)

Yin Yang - October 13, 2024, 7:28 pm

Navigating nutrition advice can be confusing. Let's debunk some common myths:

Myth 1: Carbs are bad for you.

Truth: Carbohydrates are essential; focus on whole grains rather than refined options.

Myth 2: Fat makes you fat.

Truth: Healthy fats are crucial for brain health and hormone production.

Myth 3: You need supplements to be healthy.

Truth: A balanced diet typically provides all necessary nutrients.

Myth 4: Skipping meals aids weight loss.

Truth: Skipping meals can lead to overeating later and disrupt metabolism.

Myth 5: Eating late at night causes weight gain.

Truth: Total calorie intake matters more than when you eat.

What nutrition myths have you heard of that sound absurd?

Eran - October 14, 2024, 11:12 am

Myth : too much red meat is bad for you.

Steak is one of the healthiest food on the planet.

Riggs - October 14, 2024, 11:35 am

I've always eaten whatever I want and am in my thirties. Was told all my life by fragile oxygen thieves that my diet was poor and that I'd be dead before I hit 30. I've always trained hard in the gym and am rarely sick. I physically look and feel great.

Protip from Riggs for anyone young enough to care...

If someone gives you nutrition advice, ask yourself if you would want to be in their state of health.
If someone gives you financial advice, ask yourself if you would want to be in their financial position.
If someone gives you relationship advice, ask yourself if you would want to have a relationship like they have.

If someone gives you career advice, ask yourself if you would want their career capital.

The list goes on...

Few people trust their own advice enough to listen to it, so why should you? Find out who you respect and learn how to follow their footsteps, otherwise you'll waste a large portion of your life following the advice of idiots that have no idea what they're talking about.

Net - October 14, 2024, 11:40 am

Myth: Natural sugars from fruits is the same as processed sugars (like chocolate).

No idea why some people believe that.

