

How good is your nutrition knowledge; can you tell myth from fact?

Food has no Calories Dietary Myths and Truths

- Fresh vegetables are more nutritious than frozen or canned vegetables.
- Your stomach shrinks when you eat less.
- Cottage cheese is a great source of calcium.

Are these nutrition facts or fiction? Providence St. Vincent dietitians say sorting through all of the hype about nutrition — like the false statements you just read — is one of the hardest parts about eating healthy.

In fact, there's little difference between canned, frozen, and fresh vegetables, except that canned and frozen produce may have more sugar or salt. Your stomach stays the same size no matter how much you eat, although it will expand

to handle large amounts of food and then return to its normal size until your next meal. And cottage cheese, while not a poor food choice, supplies far less calcium than milk or yogurt.

True Confessions from a dietitian

What does someone who counsels others on nutrition really eat to stay healthy?

Probably not what you might expect, say Providence St. Vincent Medical Center dietitians. While dietitians and their families likely better understand the importance of low-fat, high-fiber eating, dietitians say it's often just as hard for them to balance their entrees every time, and they admit to occasionally falling victim to temptation. Providence St. Vincent di-

eticians say the main 'tricks of the trade' include eating plenty of fruits, vegetables, and grains, closely watching portion sizes, and falling off the diet wagon only once every few days, then quickly getting back on.

Go fish at the store

We've all heard for years that fish provides lots of protein, little fat, and may help lower cholesterol. But Omega-3 fatty acids — found mainly in fatty, coldwater fish like tuna, salmon, sardines, mackerel, and lake trout — may help your heart, too. Omega-3 fatty acids appear to prevent blood from clotting and sticking to arteries,

The secret of staying young is to live honestly, eat slowly, and lie about your age.

— Lucille Ball

which can lead to stroke or heart attack. Providence St. Vincent dietitians say fish with Omega-3's can be quickly

baked, grilled or steamed, and served with whole grains, fruits, and vegetables for a heart-healthy meal.

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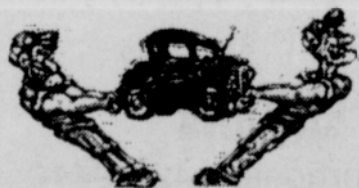
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