



# Health-Full Eating & Nutrition



## Nutrition Trends: Fact vs. Fiction

Scroll through your social media feed, and you are bound to hear about several current nutrition trends. Typically, changing your nutrition habits is linked to a desire to change your body composition, or lose weight (fat). It seems every influencer has a product or program that will help you reach your goals. How do you know which ones to follow? Separating fact from fiction can be difficult. Let's explore three popular claims and separate fact from fiction.

### **Trend: A detox will burn fat – FICTION!**

Often sold as a “juice cleanse” or a “teatox”, these products claim to eliminate toxins and help with fat loss – without any other changes to your diet. All you need to do is drink a juice or tea for anywhere from a week to a month and you will reach your weight loss goals. Sounds too good to be true – and it is. The active ingredient of these products is often a laxative. The result of drinking these potions is that you quickly lose water weight, which will immediately return once you are properly hydrated. In addition to dehydration, side effects also include nausea, vomiting, and headaches.

The best thing to remember when considering a detox or cleanse, is that there is no “quick fix”. It will be necessary to make changes to your diet to change your body composition. Also, your body has a natural detox system, which includes your liver and kidneys. Add plenty of water and a variety of fruits and vegetables and your natural filter will eliminate toxins from your body.

### **Trend: Everyone should avoid gluten - (Mostly) FICTION!**

Gluten is a protein typically found in grains, which can trigger a severe reaction in some individuals. The most severe form is known as Celiac disease, which is an autoimmune disorder that can cause severe damage to the lining of the small intestines. Others may have a gluten sensitivity, which can bring about symptoms such as headache, abdominal pain, and bloating. While it is critical for people with Celiac disease to avoid gluten, some people choose to avoid gluten because it is a trend and find that they lose weight.

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While it is not necessary to follow a gluten-free diet, it is becoming easier with the introduction of gluten-free food labels, and even a gluten-free aisle in most grocery stores. However, there is not enough research to support if everyone can benefit from a gluten-free diet. Some people report weight loss, which may be a result of avoiding bread, pasta, and processed foods (which typically contain gluten).

### Trend: Everyone should follow Keto - (Mostly) FICTION!

The ketogenic diet is trend that involves a high-fat, low-protein, and low-carb meal plan. It is named after ketosis, which is the metabolic process that converts stored fat into ketones, which allows it to be used for energy. Typically, your body uses carbohydrates for energy, particularly your brain. For your body to enter ketosis, you must first deplete your stores of carbohydrates and glucose.

This diet plan is effective because it limits your calorie intake due to the reduction of carbohydrates. However, eliminating carbs also eliminates your body's preferred source of fuel for energy. It can be difficult for most to maintain this type of diet because it can hinder performance with strength training and high-intensity exercise. Weakness and fatigue often result from limited carbohydrates and is often called the "Keto Flu".

### Nutrition - FACTS!

The best nutrition plan is one that works for you and your body. It must be sustainable and provide you with the nutrients your body needs. Everyone has individual energy needs, goals, and food sensitivities. You are always your best experiment when it comes to the diet, or nutrition plan, that you follow. Always consult with your physician before beginning a new diet or exercise program.



### References:

- <https://www.nccih.nih.gov/health/detoxes-and-cleanses-what-you-need-to-know>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530>
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