

# Dear Dietitian

Dear Readers,

A country song once declared, "It's easier to sell a lie than to give the truth away." I sometimes feel that way about nutrition education. There seems to be more misinformation about nutrition now than ever before. Here are some interesting nutrition myths that you may have heard in the past.

Celery has negative calories because it takes more calories to digest than the calories that are in it. While celery is low in calories, there is no food with negative calories. The calories needed to digest a portion of food are not deducted from the calories contained in the food.

Certain foods are bad for you. Ben Franklin once said, "Beer is proof that God loves us and wants us to be happy." No food is inherently bad for you. It's the amount of a particular food that may become a problem. If you eat potato chips every day, that's not good for you. We have to get out of 'black and white' thinking when it comes to food.

Sea salt is better than table salt. In a survey conducted by the American Heart Association, 61% believe sea salt is a lower sodium alternative to table salt. Both sea salt

and table salt contain the same amount of sodium, about 40% by weight. The bottom line is there is no nutritional advantage to choosing sea salt over table salt.

Butter is better for you than margarine. At one time, margarine contained trans fats, but these are no longer used in the US. Butter is an animal product that contains saturated fat. A diet high in saturated fat increases cholesterol levels, increasing heart disease risk. Choose margarine.

Cheese causes constipation. This folklore has been passed down for generations. While I only found one study on this topic, cheese was not proven to affect the bowel habits of those who ate it compared to those who did not. [1]

Certain foods increase your metabolism. Research shows that while certain foods may have minor effects on your metabolism, it is not enough to affect weight loss.

Certain foods help to remove belly fat. A study discovered that soluble fiber reduced visceral fat, the fat stored in the abdominal cavity. However, it did not reduce subcutaneous fat, the fat underneath the skin. [2] Claims that certain foods reduce

belly fat are often the same claims for overall weight loss. When losing weight, you simply cannot "spot-reduce."

Until next time, be healthy!

Dear Dietitian

References

Mykkänen, H.M., et al. Effect of Cheese on Intestinal Transit Time and Other Indicators of Bowel Function in Residents of a Retirement Home. *Scand J Gastroenterol.* 1994 Jan;29(1):29-32.

Hairston, Kristen G., et al. **Lifestyle Factors and 5-Year Abdominal Fat Accumulation in a Minority Cohort: The IRAS Family Study.** *Obesity*, 2012 Feb; 20(2):421-7.



Leanne McCrate, RDN, LD, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

# Volunteer to clean Lake Cumberland on Sept. 24

Volunteers are invited to join the annual cleanup of Lake Cumberland, 9 am until 12 pm local time on Saturday, Sept. 24. The cleanup is held at locations all over the lake to remove trash from the vast shoreline. "Volunteers of all ages will feel they have made a difference in just a few hours when they join this annual fall cleanup of Lake Cumberland, which has united thousands of volunteers for 30-plus years now," said Tammie Nazario, President/CEO of PRIDE, one of the event organizers. "It makes sense that we rally together to clean Lake Cumberland because it is such a blessing to our communities. It provides our drinking water, gives us countless hours of fun in the sun and attracts tourist dollars that are so valuable to our local economies," Nazario added. To volunteer on Sept. 24, please check in and pick up your cleanup supplies between 8 am and 9 am local time at one of the locations below: Clinton County — Grider Hill Marina (115 Grider Hill Dock

Rd, Albany, KY 42602) Pulaski County — Burnside Island State Park (8801 US-27, Burnside, KY 42519) Pulaski County — Waitsboro Recreation Area (500 Waitsboro Road, Somerset, KY, 42503) Russell County — Halcomb's Landing Recreation Area (Directions: US 127 South from Jamestown; left just before Wolf Creek Dam) Russell County — Lake Cumberland State Resort Park (5465 State Park Rd, Jamestown, KY 42629) Wayne County — Conley Bottom Resort (270 Conley Bottom Road, Monticello, KY, 42633)

Volunteer groups are encouraged to pre-register, but it is not required. To pre-register,

please contact the PRIDE office at 606-677-6150 or 888-577-4339 (toll free) or [PRIDE@centertech.com](mailto:PRIDE@centertech.com). Volunteers should wear clothes appropriate for the weather and sturdy shoes for climbing along the rocky shore. Water bottles are recommended, as well. The cleanup is organized by the U.S. Army Corps of Engineers, which manages Lake Cumberland, and Eastern Kentucky PRIDE, Inc., a non-profit organization that promotes environmental cleanup and education across southern and eastern Kentucky. For more information, visit the Facebook event at <https://www.facebook.com/events/600077141557518>.



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