**Myth – I should eat the low-fat version if I’m trying to lose weight.**

Truth – Most products that claim to be “low” or “reduced fat” are loaded with extra salt and carbohydrates in order to make sure it still tastes good. Also, the fat in certain foods such as peanut butter are good for you and shouldn’t be eliminated completely. Cut back a bit on your carbs instead of your fat intake.

**Myth – Foods that say “Natural” are better for me.**

Truth – “Natural” foods are made with natural ingredients, but what the label doesn’t tell you is that there are many other un-natural ingredients. This doesn’t even start to mention the process that the “natural” foods went through to get turned into your soda or chips. If you want natural food, grab fruits and veggies from the produce department!

**Myth – If I eat eggs with the yolks, I’ll get high cholesterol**.

Truth – Egg yolks are high in cholesterol, but studies show that consuming cholesterol isn’t directly linked to the cholesterol levels in your body. Genetics and a consistently bad diet are more likely to cause high cholesterol. In fact, eating a protein rich breakfast such as eggs and peanut butter toast can help you consume fewer calories throughout the day!

**Myth – Eating granola or a granola bar is good for me when I’m hungry**.

Truth – Yes, grains and dried fruit are good for you, but all granola is not equal. Often, granola bars are held together with high calorie, high sugar syrups or honey. Stick with loose granola from the natural foods section and make sure you get the unsalted or lightly salted version. Make sure you watch your serving size, too!

**Myth – Organic food is better for me *and* the environment.**

Truth – Congratulations on being environmentally friendly, but be careful. Organic food is often shipped hundreds or thousands of miles to your grocery store, meaning that the carbon footprint for shipping is larger than that of the conventionally grown produce. Additionally, organic food is often treated with pesticides that could potentially make you sick. Fruits and veggies that you have to peel to eat are safe no matter how they’re grown and if you eat it straight, conventionally grown food may be safer because growers use less pesticides.

**Myth – I need to drink 64 ounces of water a day to stay healthy.**

Truth – Drinking water is good for your health and can help you maintain a healthy weight. However, drinking excess water doesn’t make an extra difference. Most people take in enough liquids through food and drink each day to stay hydrated without consuming 3 camelback water bottles. If your urine is pale you’re doing great. If it’s dark, drink up!