

EXPOSING DIETARY MYTHS

Names in group _____ Period ____ Assign # _____

FALLACIES	FACTS
1. If you eat a lot of fast foods or sweets, taking supplements will make up for the missing nutrients in your diet.	
2. If you miss a meal or eat poorly for a day or two, you need to take water-soluble vitamins since they are not stored in the body and must be replaced quickly.	
3. If you are under a lot of stress, you should take a special stress vitamin.	
4. Women need supplements more than men because women eat less food and have a harder time getting enough of the necessary nutrients.	
5. Vitamin and mineral supplements will improve athletic performance.	
6. Vitamin and mineral supplements must be safe because they are regulated by the government.	
7. Vitamin C has been demonstrated to prevent or cure the common cold.	
8. In truth, no one really needs to take vitamin and mineral supplements.	