

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.	<u>nutrients must be taken daily. If not in foods eaten then supplements can help</u>
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.	<u>replacing water-soluble vitamins cannot be done after the fact.</u>
3. If you are under a lot of stress, you should take a special stress vitamin.	<u>advertising propaganda</u>
4. Women need supplements more than men because women eat less food and have a harder time getting enough of the necessary nutrients.	<u>advertising propaganda</u>
5. Vitamin and mineral supplements will improve athletic performance.	<u>only if not obtained in regular eating habits - maintain a healthy diet</u>
6. Vitamin and mineral supplements must be safe because they are regulated by the government.	<u>FDA does not guarantee</u>
7. Vitamin C has been demonstrated to prevent or cure the common cold.	<u>controversial among authorities</u>
8. In truth, no one really needs to take vitamin and mineral supplements.	<u>best under doctor's supervision</u>