



# Common mistakes in nutrition





# Not eating a variety of food



- Many families confess that a low vegetable intake is the norm in their families.
- Therefore, they are missing out important nutrients
- Remember: our bodies need colours...





# Too much sugar?



- Some common foods that seem healthy, such as yogurt, kefir, smoothies, ice cream, can have as much sugar as recommended for an entire day.

- Think how you want to share your sugar intake. A piece of **fruit** has about 15 grams on average, but it's also packed with **vitamins** and **nutrients**.



# Are you getting Enough Fat?

- Many people are so focused on eliminating fat that they eat many “low fat” products.
- Diets with less than 25 percent of calories from fat have been shown to increase anger and anxiety.





# Quantities: self regulation



- We are born with the natural ability to regulate our food intake.
- Nevertheless, we often **eat less** or **more**, not trusting our body, which can hinder self-regulation.





# Eating Only Egg Whites



- Egg **yolks** are one of the main sources of **choline**, the most abundant neurotransmitter in our body
- This nutrient is vital for brain, liver and nerves function, as well as for memory and transmitting nutrients between cells
- If your reason for banning yolks is to avoid high levels of cholesterol, new studies show that yolks do not increase cholesterol levels





# Delaying no longer the Breakfast



- You may be in a mad rush to leave home in the morning, but waiting until 10 or 11 a.m. to have breakfast when you wake at dawn results in flagging energy later in the day.
- The simple act of eating could raise your metabolic rate by as much as 10 percent
- You will actually burn more calories by having breakfast first thing



# Relying on “Healthy” Packaged Foods



- Relying on processed foods throughout the day may be convenient, but they're not exactly nutrient dense.
- Most are also low in antioxidants and fibre, and may be high in sodium.





**Do it yourself!**  
**It is healthier and**  
**much funnier!**





# Drinking enough water



- To know if you're drinking enough water, just check if you are feeling thirsty.
- If you aren't, your fluid intake is likely to be just about right
- But drinking too many glasses of water **along with your meals** may not be the best time to quench your thirst.



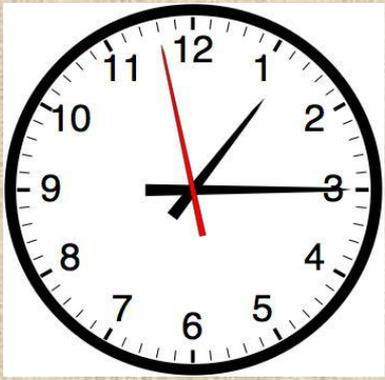


# Too much fried food?



- Eating fried food once and again is not such a bad habit, but doing so nearly every day is not healthy at all.
- Most oils, even olive oil, turn toxic when they are overheated.





# No Schedule (time, place & company)



- Try to schedule meals and snacks at **regular times** and **places** like the kitchen table.
- If we have a bite to eat between meals, we will probably eat little at mealtimes.
- On the contrary, if we skip meals, we will be very hungry and we will eat large amounts of food.



**As important as the times  
and places is the company,  
I mean, the people you  
share meals with**





enjoy your meal!

*iQue aproveche!*



bon appétit!



Smaczne**go!**



Afiyet **olsun!**



buon appetit**o!**



Guten appetit**!**