



Nutrition Fact Sheet

Separating Facts From Fiction

All forms of media make many claims regarding food, nutrition and health. Despite regular research discoveries & findings, many older myths continue to remain believed.

In this fact sheet we have focused on a number of common food claims and compared them against current scientific research to determine the claims are still fact or have become fiction.

CLAIM: Egg Yolks Will Increase Your Cholesterol.

The recommendations regarding eggs have changed in recent years. Whilst eggs contain cholesterol, recent studies have found that the effect on our blood cholesterol levels is very minimal. The Heart Foundation suggests that eggs can be included as part of a heart healthy diet, however with individuals who have existing heart disease or type two diabetes, it has been recommended to consume up to seven eggs per week.

CLAIM: Drinking Fruit Juice is a Good Way to Increase Fruit in Your Diet.

Whilst still being a source of vitamins, fruit juice is high in sugar with 250mL of 'no added sugar apple juice' containing almost 30g of sugar; this is equivalent to 7.5 teaspoons. To put this in perspective, this is a similar amount of sugar compared to a 250mL cup of soft drink e.g Cola or lemonade. Juicing fruit also removes fibre which means you are no longer getting the added health benefits for the heart and gut. Therefore, it is always recommended to consume whole fruit compared to fruit juice.

CLAIM: Coconut Oil is Good For You.

Besides being a plant based oil, coconut oil contains 92% saturated fat (unhealthy fat), which have shown to increase total cholesterol. Whilst recent studies have shown that the saturated fat in coconut oil may be processed differently in the body compared to animal based fats, it is still recommended to choose healthy fats such as olive oil, avocados and nut butters as alternatives.

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CLAIM: Diet Does Not Protect Against Sun Damage.

Studies have found that individuals who have consumed 55g of tomato paste (2 tablespoons) with olive oil for 10-12 weeks had a 30-40% decreased severity of sunburn. This is due to the red pigment lycopene that can help protect the skin against sun damage by destroying free radicals. Whilst sunscreen is still recommended, the evidence appears to be strong in suggesting that lycopene can provide a further level of defense against UV light and sun damage.

CLAIM: Coffee Does Not Count Towards Your Daily Fluid Intake.

Caffeine is a diuretic which can cause water loss, however the amount of caffeine required for this is over 500mg, equal to about five cups of coffee. Therefore, there is no need to worry about your morning coffee dehydrating you and it does contribute to your daily fluid intake. Excess caffeine however, can cause other issues such as insomnia and anxiety, and therefore it is still recommended to keep coffee intake to a maximum of three cups per day.

CLAIM: Fresh Vegetables Contain More Nutrients Than Frozen.

Studies have shown that the nutrient content of fresh vegetables and frozen are similar, with frozen vegetables at times holding a higher nutritional value. This is due to many frozen vegetables being snap frozen at the time of harvesting. Fresh vegetables that have been sitting on supermarket shelves for an extended period of time will be gradually losing nutrients. As such, frozen vegetables are an excellent way to meet daily vegetable recommendations, without having to compromise on nutrients.

If you have any further food myths you would like explored, please feel free to email the dietitian team at dietitian@catercare.com.au.



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