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Here Are 15 Ways You've Got Nutrition Twisted



If you still think sports drinks are completely healthy, it's time to reconsider your idea of proper nutrition.

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Defining nutrition isn't hard, but it's also not easy. Nutrition, at its core, is the way that we fuel our bodies with food. To look at **food as solely fuel** ^[1], however, would ignore the **cultural implications** ^[2] that many foods hold across the globe.



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Further, one's desire to lose weight goes hand-in-hand with nutrition, but this doesn't mean that nutrition is synonymous with **weight-loss** [4]. In addition to losing and maintaining weight, the opposite effect is possible: Properly fueling your body can also allow you to **gain muscle** [5] and overall size. Losing and gaining weight both involve a nutritional plan, but these plans will be fairly different in contents and scope. It's fair to say that one's interpretation of the term "nutrition" varies on a case-by-case basis, but some of our nutritional beliefs are flat out incorrect.

To root out the things we've all got wrong about nutrition, we reached out to **medical professionals** [6] as well as dietary experts.

Rene Ficek is a Registered Dietitian who is also the Lead Dietitian Nutritionist at **Seattle Sutton's Healthy Eating** [7] (SSHE). Ficek oversees various aspects of menu development, ensuring each SSHE meal complies with USDA and FDA's healthy regulation guidelines. In addition, she educates management staff on specialized diets, researches and implements new nutrition guidelines, and provides nutrition education to clients.

Board-certified orthopedic surgeon **Dr. Robert Berghoff** [8], MD, of OrthoArizona - Arizona Orthopaedic Associates touches on a common misconception regarding bone health. Dr. Berghoff is a senior faculty member for the Banner Orthopedic Residency Program and President of the Orthopaedic Trauma Alliance. He specializes in arthroscopy, total joint surgery (including minimally invasive techniques), fracture care, and sports injuries.

Bo Martinsen, MD [9], an omega-3 expert and co-founder of Omega3 Innovations, weighs in on some

common misconceptions people have about getting their omega-3s from various food sources.

Robert Davidson, PhD, is the Director of the Nutrition and Human Performance program at Logan University, and he'll tell you whether or not those juices you've been buying so frequently are as healthy as you think.

Jonah Soolman, RD, LDN, ACSM EP-C, NSCA-CPT, of [Soolman Nutrition and Wellness LLC](#) [10], and James (Jim) Le Bret, MD, an internal medicine physician at NYU Medical Center and Bellevue Hospital in NYC also provided their stances on what we as consumers, diners, and eaters misunderstand about nutrition.

Together, these experts of the human body and how it interacts with food have provided us with a good list of things we've got wrong about nutrition. Here Are 15 Ways You've Got Nutrition Twisted.

[Click here to see what you've got wrong about nutrition.](#)

[3]

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[7] <http://www.seattlesutton.com/>

[8] <http://aoa.md/service/dr-robert-berghoff/>

[9] <https://www.linkedin.com/in/bo-martinsen-3049a858>

[10] <http://www.soolmannutrition.com/>

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Celebrity Diets Don't Work

“We **change our eating habits quickly** based on celebrity endorsements, sound bites, and memes,” says Jonah Soolman, RD, LDN, ACSM EP-C, NSCA-CPT. “While fads move quickly, evidence-based science moves slowly because it requires replication, follow-up studies, investigations into confounding factors, and other time-consuming steps that are necessary for building a body of research that leads to understanding. Better to get **nutrition advice from experts** rather than headlines.”

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Food Shouldn't Be 'Good' or 'Bad'

"We live in a culture that embraces a good/bad food dichotomy, which vastly oversimplifies nutrition and health," says Jonah Soolman, RD, LDN, ACSM EP-C, NSCA-CPT. "Not all foods are the same nutritionally; it would be ridiculous to proclaim that an apple has the same nutritional value as a [Twinkie](#), and I am not arguing otherwise. What I am suggesting, however, is to strip the moralization away from food and eating behavior, [nutrition becomes much easier.](#)"



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It Isn't Always Easy to Match the Dietary Success of Others

“Realize that people are much more likely to be vocal about their dietary successes than their disappointments,” says Jonah Soolman, RD, LDN, ACSM EP-C, NSCA-CPT. “For example, if a [given diet](#) works for five percent (which is actually a pretty typical success rate for most weight-loss diets) of the 10,000 people who try it, 9,500 disappointed people will stay relatively silent about their experiences while 500 individuals rave about it online, [at the gym](#), in the grocery store, at the office, over Thanksgiving dinner, or anywhere else that offers an audience. Therefore, the impression we get of a given diet's success is skewed and not reflective of reality. If you are considering going Paleo, vegan, low-carb, [gluten-free](#), etc. because of success stories you have heard of or witnessed, take a step back and consider the bigger picture. People become millionaires through the lottery every day, but you would not take your life savings and dump it into Power Ball tickets, would you?”