

ShopRite[®]

Food Fads 101 & Myths Busting

Presented by:

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- Dietitian – ShopRite of West Chester & Hatfield



ShopRite

Nutrition

- **Retail Dietitian for ShopRite
7+ years**
 - Nutrition Consultations (virtual + in person available)
 - Group programs
 - Diabetes Prevention Program
 - Menopause Nutrition
 - Cooking Classes
 - Kids Events (schools, scouts, etc)
 - Community Events
 - Presentations
 - Store Tours



Fads + Myths

Overview

1. What is a Fad Diet?
2. True or False - Common Nutrition Myths!
3. Where's the Truth?



F a d s + M y t h s



Before we begin...

- Answers to nutrition questions are rarely black & white!
 - “It depends”
- Dietitians are trained to consider medical history, lifestyle, food preferences, activity level, budget, food access, etc....
- What works for one person, may not work for you.



F a d s + M y t h s

Fad Diets 101

1. What is a fad diet?
2. Why are they popular?

Can you list
any fad diets?

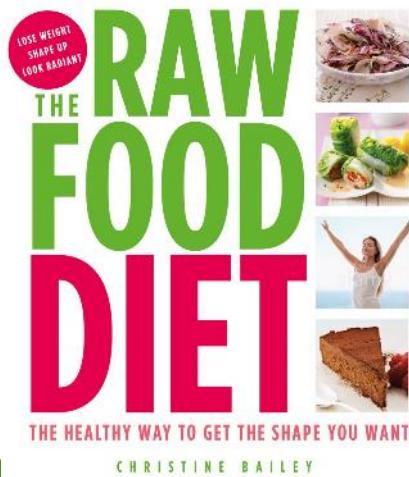
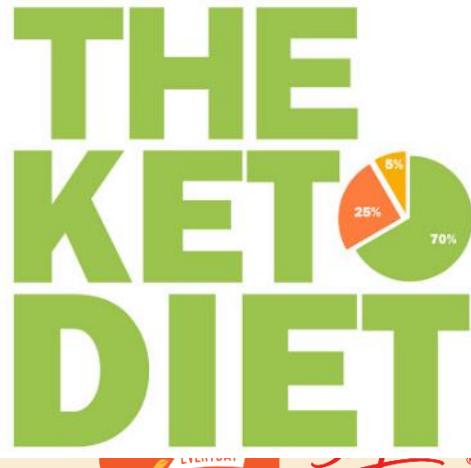




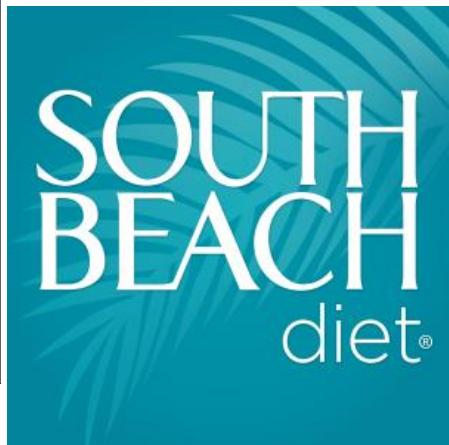
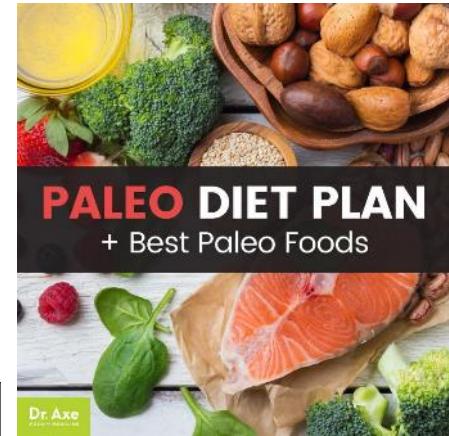
OPTAVIA®



GRAPEFRUIT DIET



The Cabbage
Soup Diet



the
blood
type
diet cookbook

🚩 Red Flags for Fads 🚩

- Promises a quick fix
- Claims you need to detox or cleanse
- Promotes “magic” foods or combinations of foods
- Tries to sell you something - particular foods, beverages, powders, pills, diet plans, books
- Excludes or severely restricts food groups or nutrients (carbs)
- Promotes eating an excess amount of a limited number of foods or nutrients (ie: fats)
- Has rigid rules that focus on weight loss or promise fast weight loss - *without concern for wellness*
- Claims you do NOT need to exercise
- Makes claims based on a single study, testimonials or anecdote only



April 6, 2015
God Bless America

Woman's World

LOSE 70 LBS
GET-SL
DET

Amazing res...

AYURV
THYROID



University of Oxford breakthro
TRISCUITS STOP

The juice that
MAKES WOMEN
LOOK YOUNG

The simple laundry secret that
BLOCKS SPRING
ALLERGIES!

EVERYDAY

ShopRite®

FOOD + MISC

BAD MOOD?

Your bra
could
be to
blame!

More
for your
money!

IF IT SOUNDS
TOO GOOD
TO BE TRUE,
**IT PROBABLY
IS!**

ands



eight loss -

nials or anecdote only

Diets Don't Work!

50% of Americans diet annually

- Average diet lasts 42 days
 - 26% **less than a month**
 - 36% **1 – 6 months**
 - 11% **7 – 12 months**
 - 27% **12+ months**
- 5 – 10% maintain a significant weight loss
(10% or more of starting weight)



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Fads + Myths

Source: John Foreyt, Baylor College of Medicine

Potential Positives?

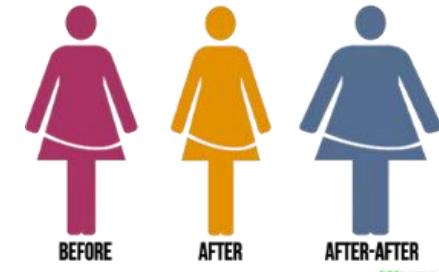
- Makes you more aware of what you're eating and drinking
- Often limits intake of 'less nutritious' refined and higher calorie foods – like soda, chips, desserts, etc
- **BUT....**



F a d s + M y t h s

Why should you avoid them?

- Lose water weight, bone and lean muscle, not fat
- Can cause vitamin & mineral deficiencies
- Not long-term solutions (hard to follow long term)
- Increase risk of chronic illnesses
- Increase risk of disordered eating
- **Other complications:**
 - Kidney stones, gallbladder issues, dehydration, constipation and/or diarrhea, osteoporosis risk, decreased mental capacity, gout, stress and inflammation



Healthy Eating Patterns!

- Represents the totality of what individuals eat, drink, and do (*Diet ≠ bad word*)
- Individualized & Life Long!
 - Just because it worked for them, doesn't mean it'll work for you and vice versa!
 - Vary according to calorie level and health conditions (ex. diabetes, heart or kidney disease, allergies and intolerances)
 - You should be able to follow it with relative ease for a long time
- Balance of fruits, vegetables, healthy fats, complex carbs (ex. whole grains, starchy veg.), and lean protein
- Typically includes fiber-rich foods
- Drink enough water for your needs
- Includes *appropriate* physical activity and other factors (eating without distractions, with others, etc., stress, sleep)



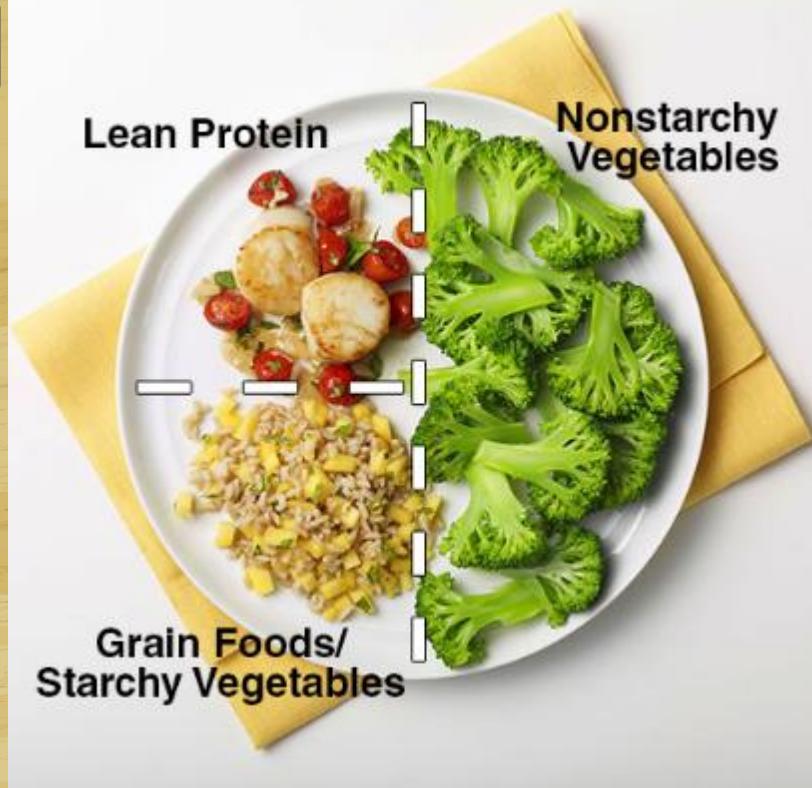
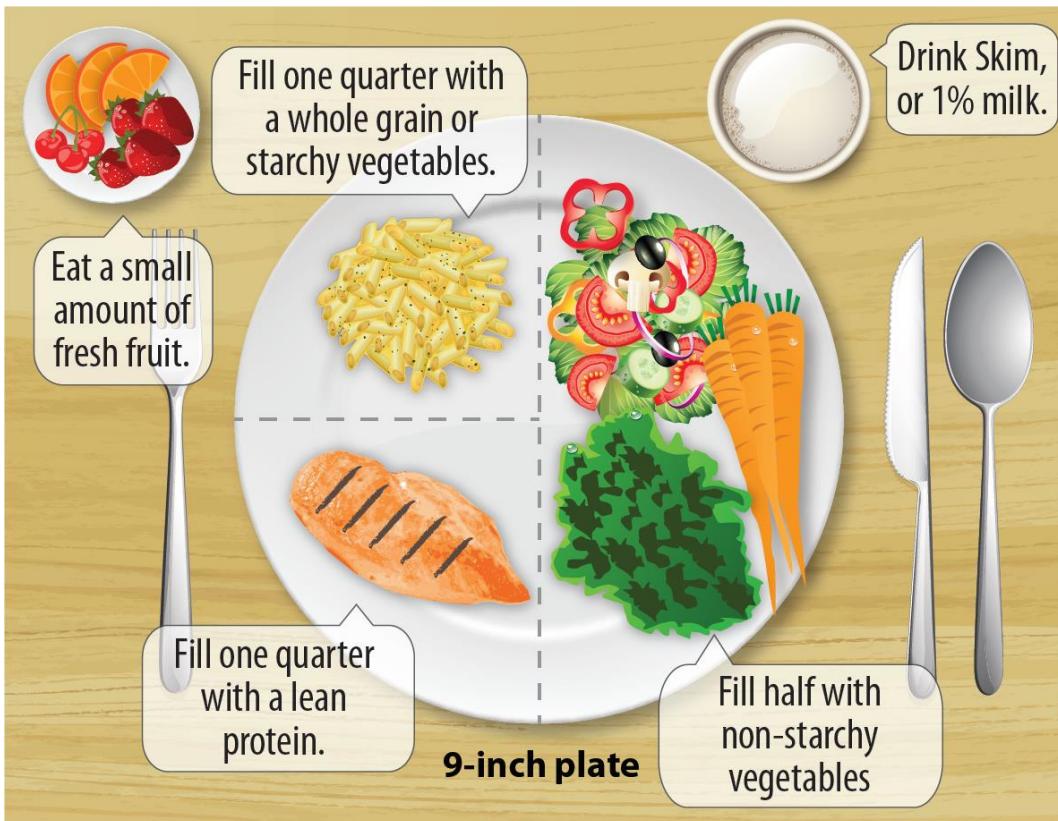
Healthy Eating Patterns!

- Mediterranean ‘Diet’ or other cultural eating patterns
- DASH Diet
 - MIND Diet
- TLC Diet - Therapeutic Lifestyle Change
- Dietary Guidelines for Americans
- Utilizing MyPlate
- Any individualized plan created with a dietitian specifically for you, an individual!



F a d s + M y t h s

Healthy Eating Patterns!





Can you spot the
Nutrition Myth?



TRUE OR FALSE

Frozen and canned fruits & vegetables are just as nutritious as fresh.

Frozen fruits and vegetables are sometimes *more* nutritious than fresh!!

Frozen produce are blanched and frozen within hours of being picked during their peak time of freshness and nutrition. Some canned vegetables have higher amounts of certain nutrients – for example, canned tomatoes have more lycopene!

**Fresh, frozen, 100% juice, cooked, raw, dried, canned =
all good!**



TRUE OR FALSE

Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and help you lose weight.

No food can burn fat!

Some foods with caffeine may speed up your metabolism for a short time but do not cause weight loss. Caffeine can also cause heart and sleep issues, so it is best consumed in moderation.



TRUE OR FALSE

You should not eat after ____PM, because that makes you gain weight.

300 calories at 4pm = 300 calories at 8pm.

Eating in the evening or night does not *automatically* make you gain weight – too many calories or lack of activity, or other health factors can.

Eating and then going straight to bed is not advised for many reasons – acid reflux, unstable blood sugars at night, etc. It also depends on the foods you are eating— they are often not be ‘best’ choices if they’re late at night.



TRUE OR FALSE

Potatoes are a ‘white/colorless’ food and are too starchy. They should be avoided or limited because they are a less healthy vegetable.

Potatoes are actually incredibly nutritious – problems may arise when we deep fry them or top them with *too much* fat/salt.

Potatoes have resistant starch (important type of fiber for gut health), more potassium than a banana, and tons of Vitamin C!



TRUE OR FALSE

Gluten is unhealthy and bad for everyone, and therefore you should cut it out of your diet.

Unless you have Celiac Disease or a diagnosed gluten intolerance, gluten is perfectly safe and ‘natural’ to eat.

Gluten is a protein found in many grains, including wheat, barley and rye. It's common in foods such as bread, pasta, pizza and cereal. Giving up gluten can sometimes lead to decreased intake of ‘unhealthy’ foods – but giving up the actual gluten is rarely the cause for improved health.



TRUE OR FALSE

Snacking can be a nutritious habit – helping to keep you focused, energized and maintain a healthy weight.

Snacking helps control hunger and control portions and may reduce your calorie intake at meals *if needed*.

- Have snacks if hungry or if meals are over 4 - 5 hours apart
- Snack recommendation: between 100 - 200 calories, 3+ grams of fiber, source of protein; often helps to pair ~2 food groups (ex. fruit + dairy)



TRUE OR FALSE

Certain types of salts (sea salt, pink Himalayan salt) are better for you than regular table salt.

Himalayan and sea salt have **small** amounts of magnesium, potassium, calcium, and other minerals. The amounts of these minerals are very, very small though – too little to have any benefit. *They also lack iodine.*

They are found in such small quantities that it would take 3.7 pounds of pink Himalayan salt to obtain the recommended daily amount of potassium, for instance. Needless to say, that's an unrealistic amount of salt to consume!

Most people would benefit from reducing their sodium intake from all sources!



TRUE OR FALSE

Breakfast is the most important meal of the day.

ALL eating occasions are important!

However, eating within 2 hours of waking up (even just a ‘snack’ – protein/fiber) is a great way to provide your body with energy & nutrients – you wouldn’t drive your car without any gas, right?

At ‘breakfast’ you are literally breaking your fast – so it is important to eat once you are hungry.

**If you are on medications for blood sugar control, follow your doctor’s recommendations and check your blood sugar when you wake.



TRUE OR FALSE

You should follow an alkaline diet with foods and beverages like pH water and lemons, because other foods keep our bodies/blood too acidic.

Foods you eat or drink do not change your body's pH in a discernable way – **your kidneys and lungs do!**

Blood is usually slightly alkaline. It can't be changed for any meaningful amount of time by what you eat, and any extra acid or alkali is simply excreted in urine – which is why the pH of your urine changes.



TRUE OR FALSE

Fasting is a safe way to lose weight.

It depends! There are so many different types of fasts – long-term fasts for religious reasons (not for weight loss), intermittent fasting and more. Even among intermittent fasting there are different types – 5:2, 16:8, 20:4, alternate day fast, etc.

Most studies on fasting are done on animals, or are very short, or poorly designed. There are many risks involved too.

Diet quality is still crucial – many fasting diets lead to decreased opportunities to snack or overeat.



TRUE OR FALSE

Drinking apple cider vinegar is a safe long-term weight maintenance solution.

In some studies ACV has been shown to help with weight loss in the short term and may even help post-meal blood sugar levels. However there are many risks including:

- Erosion of tooth enamel
- Acid Reflux
- Nausea (why people may have lost weight!)
- May affect potassium levels
- Not safe in uncontrolled diabetes or kidney disease



Where's the Truth?



Be a ‘Cyber’ Skeptic!

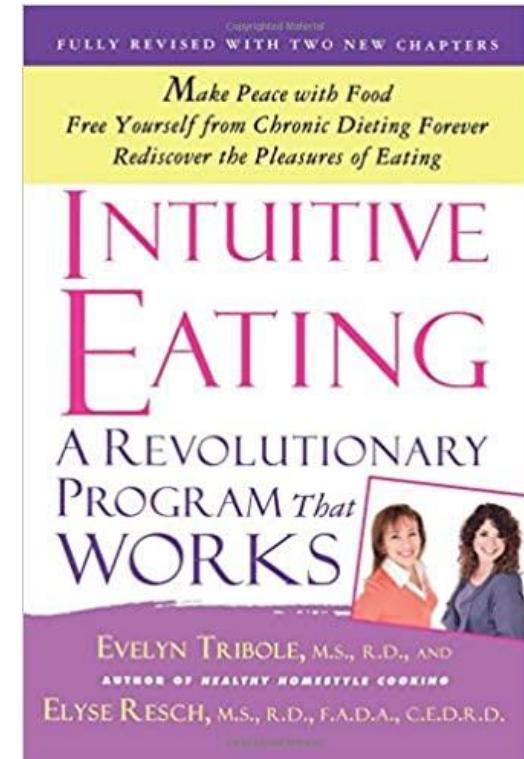
- Who developed the website, info. sheet or post?
 - Look for an “about us” page – what are their credentials (if any)?
 - There is a big difference between a site that says, "I developed this site after my heart attack" and one that says, "This page on heart attack was developed by health professionals at the American Heart Association."
- Do they make promises, use deliberately obscure language, use sensational writing styles (too many !!!, **bold** or all CAPS), rely on testimonials?
- Do not get your health information on social media – Please.



F a d s + M y t h s

Get Out of the Diet Mindset

- Set up an appointment with a dietitian
- Unfollow any social media pages and PEOPLE who make you feel bad about yourself or your eating
 - Tell people in your life that you don't want to talk or hear about their 'diets'
- **Remember:** no food is off limits and there are no 'good or bad' foods!
- Keep a journal
- Intuitive Eating book



Fads + Myths

Reliable Nutrition Resources

- A Registered Dietitian
- A physician or health care provider*
- [Academy of Nutrition & Dietetics](#)
- [Nutrition.gov + Health.gov](#)
- Centers for Disease Control and Prevention
- USDA [ChooseMyPlate](#)
- [NIH Center for Complementary and Alternative Medicine](#)
- [NIH Office of Dietary Supplements](#)
- Health Department
- American Heart Association
- Mayo Clinic
- Food Allergy Research & Education (FARE)
- Linus Pauling Institute's [Micronutrient Information Center](#)



Upcoming ShopRite Events

- **Menopause Nutrition Series**
 - Dates + Times TBD – join waitlist today!
- **Diabetes Prevention Program Info Session!**
 - Starts February 21st – join waitlist today!
- **Iron Rich Foods Store Tour with Chester Co. Hospital**
 - Thursr. January 13th, 6pm - 7:15pm
- **New Year, New Recipes Virtual Cooking Class**
 - Thursday January 20th, 6:30pm – 8pm
- **Plant Based Cooking Virtual Cooking Class**
 - Thursday February 3rd, 6pm – 7:15pm



F a d s + M y t h s

Diabetes Prevention Program

- WCUPA + ShopRite are hosting a year-long Diabetes Prevention Program
- 100% Virtual – meetings via Zoom or WebEx
 - Meet weekly, and then biweekly or monthly (Dates/times TBD)
- Access to dietitians, exercise physiologists, & a support group
- Lifestyle change program – NOT a diet
 - Skills learned include: label reading, eating out, exercise, stress management, mindful eating, meal planning and more!
- Must have prediabetes or at an increased risk for Diabetes, cannot already have Diabetes.

Want to learn more or see if you're eligible? Contact Jena!



Dietitians.ShopRite.com

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The Recipe Shop

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ShopRite of West Chester Events



Jena Wood

Dietitian Introduction

ShopRite dietitians are here to help you on your health journey. Whether it is free nutrition counseling, group classes, cooking classes or community events, they are here for all your wellness needs. If there is something you have an interest in and don't see offered, please let your in-store dietitian know!

Monthly Events - At a Glance

Sep 24 - Family Meals Month Virtual Series

FMM Virtual Series - learn about family meals

Sep 28 - Virtual Diabetes Prevention Program

Diabetes Prevention - Now Virtual!

Can't find the event you want or having trouble using the site?
Reach out to Jena: 610-247-6755 or jena.wood@wakefern.com



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THANK YOU! Any questions?

You can reach me:

- **Work Cell:** 610-247-6755
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- **Events:** Dietitians.ShopRite.com
- **Facebook:** ShopRite of West Chester /
Hatfield

