

MEDIA FACT SHEET



November 2014

Fact or Fiction:

Busting Myths about Grain Foods & Weight Loss

Want fast weight loss? Or has a new celebrity diet caught your eye?

Don't fall for diet fads, or weight loss fast-fixes, is the health warning from the Grains & Legumes Nutrition Council™ (GLNC).

GLNC's Michelle Broom, Accredited Practising Dietitian and Nutrition Program Manager says: "People are often spurred on to lose weight by the impending need to fit into a dress, look good for a special occasion or be bikini ready for a beach holiday. It's this urgency that finds them grasping at straws, looking for a quick fix.

"The truth is individual testimonials often make dramatic claims and don't end up delivering promised weight loss for others.

"Weight loss can be achieved without the fads, or succumbing to movements which encourage cutting whole food groups from your diet. It's true that sustainable weight loss won't happen overnight, but by taking a sensible approach, you won't just lose the weight but keep it off too," she said.

5 Fad Diet Myths

1. MYTH: Eliminating whole food groups is the key to weight loss.
2. MYTH: A low-FODMAP diet is a healthy diet for all.
3. MYTH: Carbohydrates make you fat.
4. MYTH: A low carb, high fat (LCHF) diet is the secret to slimming.
5. MYTH: A gluten free diet will make you thin.



Grains & Legumes Nutrition Council

Cultivating Good Health

For more information:

Visit our Newsboost page at: <http://www.newsboost.com/newsroom/grains-legumes-nutrition-council>

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Busting 5 Diet Myths

The Grains & Legumes Nutrition Council™ debunks five common myths about fad diets, misconceptions about eating grains and going gluten-free.

MYTH ONE: Eliminating whole food groups is the key to weight loss.

FACT: The best thing for a healthy body is a balance of foods from all food groups. For weight loss, limiting foods that are high in calories but lack essential nutrients is important, and portion control is also key to sustainable weight loss.

MYTH TWO: A low-FODMAP diet is a healthy diet for all.

FACT: A low-FODMAP diet is not for the long term. It is designed as a short term (2-6 weeks), therapeutic elimination diet, often used to control Irritable Bowel Syndrome and other gut-related issues. It requires the supervision and support of an experienced Accredited Practising Dietitian and is not for the general population.

MYTH THREE: Carbohydrates make you fat.

FACT: Quality grain foods such as whole grain bread and high fibre breakfast cereals can help with weight management. These foods are linked with a smaller waistline and greater chance of being a healthy weight. In addition, if you're hitting the gym to boost your weight loss, you need carbs in your diet. In fact, keeping grain foods in your weight loss diet will provide the nutrients to help your metabolism.



MYTH FOUR: A low carb, high fat (LCHF) diet is the secret to slimming.

FACT: LCHF diets are not a more effective way of keeping weight off long term. LCHF diets are yet to be proven to provide adequate nutrition, be sustainable and prevent disease across the lifespan. In fact, LCHF diets represent a radically different eating pattern to the foods shown by an analysis of the whole scientific evidence base. Diets such as LCHF that restrict fibre and nutrient rich carbohydrate foods have been linked with a 30% increased risk of early death.

MYTH FIVE: A gluten free diet will make you thin.

FACT: Many gluten free foods contain more calories than gluten containing foods as they often contain higher amounts of fat and sugar to make them taste better. Gluten free products are often made with ingredients such as potato starch or tapioca flour, resulting in products lower in fibre and whole grain which are important for digestion and metabolism. Unless medically diagnosed with coeliac disease or gluten intolerance, a gluten free diet provides no nutritional or health benefit to individuals.

For more information on the nutrition and health benefits of legumes and grain foods visit the Grains & Legumes Nutrition Council™ website www.glnc.org.au.