

5 MOST SHOCKING NUTRITION MYTHS



1. ENJOY YOUR WHOLE EGG!

Egg yolks do not raise the cholesterol levels.

2. SIP THAT COFFEE GUILT FREE!

Coffee is healthy in moderation.



3. CHEESE UP!

Cheeses from milk produced by grass-fed cows do not raise cholesterol levels or make your body store fat.

4. GO LOW ON LOW-FAT FOODS!

Low-fat foods are packed with sugar to improve their taste. That's much more harmful than the fat naturally present in those foods.



5. ALL CALORIES AREN'T CREATED EQUAL!

Different foods have different metabolic pathways and effects on hormones, hunger and health.

