**Myth:** Eggs are bad for you

**Fact:** The cholesterol we eat—in eggs or any other food—doesn’t have a huge impact on raising our blood cholesterol, at least for most people.

**Tip:** Whole eggs can be a good addition to most peoples’ diets since many of the nutrients in eggs are in the yolks. Furthermore, studies suggest that, for healthy people, starting your day with a breakfast of scrambled eggs will have a better impact on your overall cholesterol profile than a bowl of sugary cereal. If you currently have heart disease or diabetes, the recommendation is to limit your egg consumption to less than 3 yolks per week.

**Myth:** High-fructose corn syrup is worse for you than sugar

**Fact:** High-fructose corn syrup and sugar are roughly equivalent, both in terms of calories and composition. In studies that compare the effects of high-fructose corn syrup with sugar, there are similar effects on insulin, glucose, triglycerides, and appetite. In other words, your body can’t tell high-fructose corn syrup and sugar apart.

**Tip:** Remember that excessive consumption of any type of added sugar is associated with increased risk for diseases including heart disease and type 2 diabetes. To avoid eating too much added sugar, women should consume less than 24 grams of added sugar per day (100 Calories) and men should consume less than 36 grams of added sugar per day (150 Calories).

**Myth:** Carbohydrates make you fat

**Fact:** There is nothing inherently fattening about carbohydrates. When a handful of major studies recently compared low-carb diets with low-fat diets and other approaches to losing weight, they found that in the first few months, those following the low-carb diets tended to lose slightly more weight. But after a year, weight-loss differences between the diets evened out.

**Tip:** There’s no question that loading up on sugary foods can raise your risk of weight gain. But if you cut out so-called “good-carb” foods, such as whole grains, beans, and fruits and vegetables, you’re missing out on your body’s main source of fuel as well as vital nutrients and fiber. The bottom-line is that the best way to lose weight is to choose an eating pattern that you can stick to for the foreseeable future.
**Myth:** Fat is bad for you

**Fact:** Everyone needs fat. Fat helps you absorb vitamins and plays a role in nerve transmission and maintenance of cell membranes. For a long time, it was thought that the best way to lose weight was to follow a low-fat diet, but now we know that eating fat doesn’t make you fat.

**Tip:** Fats are not created equal. Some fats are better than others. It’s a good idea to get most of your fat from unsaturated fats (sources include fish, nuts, oils, avocados, and olives) rather than saturated and trans fats (sources include meat, butter, cheese, and many bakery cookies).

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**Myth:** Eating late at night will make you fat

**Fact:** What matters most is the total amount of calories you eat over the course of the day. If you routinely overindulge after dinner, it’s the overindulging that’s sabotaging your weight-control efforts, not the hour on the clock.

**Tip:** No harm is done if you’re balancing your calories over the day. A good guideline is to eat the most food around the time you are the most active. So if you exercise in the evening, you will need to eat more in the evening.

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**Myth:** You crave certain foods because your body needs the nutrients they provide

**Fact:** If this were true, you would probably crave fruits and vegetables, the best source for many vitamins and minerals. Instead, people tend to crave sweet, salty, high fat foods.

**Tip:** Ask yourself what could be contributing to cravings. Consider emotional cues like boredom and environmental cues such as television commercials. Remember that it is best to eat when you are truly hungry. If the craving doesn’t go away, go ahead and have a piece of cake and move on.

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**Myth:** You need to “cleanse” to detox your body

**Fact:** The body is far more efficient at detoxing than any magic potion or diet. Any weight loss you see when you detox or “eat clean” will likely return once you go back to eating your normal diet.

**Tip:** If you’ve been overindulging lately, don’t be fooled into trying to “cleanse” your system. After you overindulge, just go back to eating a balanced diet (one that includes protein foods, grains, and plenty of fruits and vegetables). Remember that one of the best things you can do to help your body remove waste products is to drink plenty of water.