

Don't be *April Fooled* by these Nutrition Myths

April Fool's Day may have been and gone, but these are some nutrition hoaxes that haven't gone away...



MYTH – GLUTEN-FREE DIETS ARE HEALTHIER

Unless you have been diagnosed with an allergy or intolerance to gluten there is no good scientific evidence that avoiding gluten in your diet is good for you. What's important is the overall food choices made within a diet, whether it's gluten-free or not.



MYTH – WE NEED TO 'DETOX' TO STAY HEALTHY

Detox – more hype than health. Your body, through the skin, gut, liver and kidneys, has a well-developed system with built-in abilities to detoxify and remove waste and toxins. There are no pills or specific drinks that can do a magic job. Enjoying a healthy, varied diet and a healthy active lifestyle is a better approach.



MYTH – PINK/ROCK/SEA/HIMALAYAN SALT IS BETTER FOR YOU THAN TABLE SALT

Despite claims they are 'natural' or 'contain minerals', there's no evidence gourmet salts are any healthier than table salt. As for the minerals – they're present in such minute amounts they're unlikely to provide any significant health benefits. If you're looking for a great way to get healthy minerals, look to foods.



MYTH – BROWN SUGAR IS BETTER FOR YOU

Brown sugar and 'natural' sugar alternatives (e.g. coconut sugar) are often thought of as being healthier, but like refined sugar these are all free sugars. Any additional nutrients are in such negligible amounts that benefit would be outweighed by the amount of sugar you'd have to eat to get a meaningful amount.



MYTH – COW'S MILK IS FULL OF ARTIFICIAL HORMONES

In the UK, EU and Australia (among other countries) hormones are not added to milk, nor are they used to enhance milk production. In fact, there is a total ban on the use of hormones for milk stimulation or growth promotion in farm animals, including dairy cows.

Sources:

Adapted from British Nutrition Foundation: <https://www.nutrition.org.uk/>

Dairy Australia: <https://www.dairy.com.au/dairy-matters/you-ask-we-answer/are-there-hormones-in-milk>