

MYTHBUSTING

WITH YOUR DIETETIAN

"Lack of sleep can lead to weight gain ???".

"White sugar, raw sugar, honey, golden syrup - they're all sugar".

"Coconut oil is not the healthiest type of oil".

"CUTTING OUT CARBS IS NOT THE ANSWER ?".

"Skipping breakfast is not good for weight loss?".

"FROZEN AND TINNED VEGGIES CAN BE AS HEALTHY AS FRESH".

"Alcohol has nearly as many kilojoules per gram as FAT ?".

"YOUR BODY DOESN'T CARE WHAT TIME YOU EAT, IT'S HOW MUCH YOU EAT?".

"EATING LOTS OF PROTEIN WON'T GIVE YOU HUGE MUSCLES ?".

Not sure about the answer? Why not book an appointment with our dietitian to find out more about your health today? Don't leave it until tomorrow!