


Top 10 Nutrition Myths Busted with Science

by **Chantelle Greentree, RD**Published : June 11, 2025Last Updated : June 11, 2025

🔗 Consumers, Eating Disorders, Healthy goals, Intuitive Eating, Weight Loss

When it comes to nutrition, **myths spread faster than the truth**. From social media to outdated health advice, misinformation is everywhere. As a registered dietitian, I often hear clients repeat the same myths that hold them back from feeling their best.

Let's debunk 10 of the most common nutrition myths with evidence-based facts you can trust.



Chantelle Greentree, RD

With 15+ years of experience as a registered dietitian and having worked with thousands of clients, I specialize in cutting through the confusion and developing practical, sustainable nutrition strategies. Whether you're managing weight, resolving digestive discomfort, or addressing long-term health conditions, I focus on real-world solutions that work in busy lives.

ALL POSTS

1. Carbs Make You Gain Weight

Myth: All carbohydrates lead to weight gain.

Fact: Carbohydrates are not inherently fattening. Whole, unprocessed carbs—like oats, lentils, fruits, and sweet potatoes—are nutrient-dense and support a healthy metabolism. It's *refined carbs*, like white bread and pastries, that are more strongly associated with weight gain and chronic disease (Hu et al., 2012; Reynolds et al., 2019).

2. Cutting Out Food Groups Is Healthier

Myth: Removing entire food groups makes your diet “cleaner.”

Fact: Eliminating whole food groups—like dairy, grains, or legumes—without medical necessity can lead to nutrient deficiencies and disordered eating. A diverse diet that includes all food groups supports optimal health (Melina et al., 2016; GBD 2017 Diet Collaborators, 2019).

3. Gluten-Free Is Always Healthier

Myth: Gluten-free foods are better for everyone.

Fact: Unless you have celiac disease or gluten sensitivity, there's no benefit—and possibly some harm—in avoiding gluten. Many gluten-free products are lower in fibre and whole grains, which could increase your risk for heart disease (Gaesser & Angadi, 2012; Lebowhl et al., 2017).

4. Juice Cleanses Detox Your Body

Myth: You need juice cleanses to “detox.”

Fact: Your **liver and kidneys** already detox your body. Juice cleanses often lack protein and fibre and aren't scientifically proven to remove toxins or aid long-term weight loss (Klein & Kiat, 2015).

5. Fruit Is Bad Because of Sugar

Myth: Fruit should be limited due to its sugar content.

Fact: Fruit contains natural sugars, but also fibre, water, vitamins, and antioxidants. These factors slow sugar absorption and provide protective health effects. Higher fruit intake is associated with reduced risk of heart disease, stroke, and certain cancers (Aune et al., 2017; Wang et al., 2014).

6. Fat Makes You Fat

Myth: Eating fat leads to weight gain.

Fact: Your body needs fat for hormone production, brain health, satiety, and nutrient absorption. Replacing saturated fats with unsaturated fats improves cardiovascular health. Dietary fat, especially from nuts, seeds, and olive oil, is associated with weight maintenance and improved metabolic markers (Mozaffarian et al., 2011; Schwingshackl et al., 2018).

7. Snacking Is Always Bad

Myth: Eating between meals leads to weight gain.

Fact: Nutritious snacks can stabilize blood sugar and prevent overeating. The key is choosing snacks that combine protein, healthy fats, and fibre, such as Greek yogurt with berries or hummus with vegetables. Research supports snacking quality over frequency (Chapelot, 2011).

8. You Need Protein Powders to Build Muscle

Myth: You can't build muscle without supplements.

Fact: Protein powders are convenient, but most people can meet their protein needs through real food. Eggs, tofu, lentils, dairy, and fish are excellent whole-food sources that also offer fibre, vitamins, and minerals. Unless you're an athlete with high demands or have limited access to protein-rich foods, supplements aren't necessary. Whole foods also provide additional health benefits that protein powders can't match (Phillips & van Loon, 2011).

9. You Must Drink 8 Glasses of Water a Day

Myth: Everyone needs exactly 8 cups of water daily.

Fact: Hydration needs vary by individual based on activity level, climate, and body size. The “8 glasses” rule is a simplification. Fluid from food and beverages—including tea, coffee, fruits, and soups—count toward daily hydration. Pale yellow urine is a practical way your body tells you it's well hydrated (National Academies, 2005).

10. Supplements Can Replace a Healthy Diet

Myth: Taking a multivitamin is just as good as eating well.

Fact: Supplements may fill specific nutrient gaps but cannot replicate the complexity of whole foods. Whole foods contain synergistic compounds—such as antioxidants, fibre, and phytonutrients—that supplements alone can't provide. A balanced diet remains the gold standard for disease prevention and vitality. (Manson & Bassuk, 2018).

Final Thoughts

Nutrition doesn't have to be complicated. By focusing on evidence-based guidance instead of fear-based fads, you can build a sustainable, nourishing way of eating that works for you. If conflicting nutrition advice feels overwhelming, a **registered dietitian** can help bring clarity and personalized support.

Ready to take control of your health? Book a **FREE 15-minute discovery call with a dietitian** to create a **customized nutrition plan** tailored to your lifestyle and goals. [Click here to schedule your call](#) – I'd love to help you start your journey to better health.

References

Manson, J. E., & Bassuk, S. S. (2018). Vitamin and Mineral Supplements: What Clinicians Need to Know. *JAMA*, 319(9), 859–860.

Hu, F. B., et al. (2012). Changes in diet and lifestyle and long-term weight gain in women and men. *N Engl J Med*, 364(25), 2392–2404.

Reynolds, A., et al. (2019). Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *Lancet*, 393(10170), 434–445.

Melina, V., et al. (2016). Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *J Acad Nutr Diet*, 116(12), 1970–1980.

GBD 2017 Diet Collaborators. (2019). Health effects of dietary risks in 195 countries, 1990–2017. *Lancet*, 393(10184), 1958–1972.

Gaesser, G. A., & Angadi, S. S. (2012). Gluten-free diet: imprudent dietary advice for the general population? *J Acad Nutr Diet*, 112(9), 1330–1333.

Lebowhl, B., et al. (2017). Long term gluten consumption in adults without celiac disease and risk of coronary heart disease. *BMJ*, 357, j1892.

Klein, A. V., & Kiat, H. (2015). Detox diets for toxin elimination and weight management: a critical review. *J Hum Nutr Diet*, 28(6), 675–686.

Aune, D., et al. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality. *Int J Epidemiol*, 46(3), 1029–1056.

Wang, X., et al. (2014). Fruit and vegetable consumption and mortality. *BMJ*, 349, g4490.

Mozaffarian, D., et al. (2011). Changes in diet and lifestyle and long-term weight gain. *N Engl J Med*, 364(25), 2392–2404.

Schwingshackl, L., et al. (2018). Food groups and risk of all-cause mortality. *Am J Clin Nutr*, 107(3), 505–517.

Chapelot, D. (2011). The role of snacking in energy balance. *Physiol Behav*, 104(4), 535–543.

Phillips, S. M., & van Loon, L. J. (2011). Dietary protein for athletes. *J Sports Sci*, 29(S1), 529–538.

National Academies of Sciences, Engineering, and Medicine. (2005). *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*.



No comments yet.

☐ Add a comment

Name

Your Name

Email

Your Email

Enter a message...

☐ Save my name, email, and website in this browser for the next time I comment.

SUBMIT COMMENT



Cast iron pans – an affordable solution for iron deficiency anemia?

May 14, 2024

[Read More »](#)

Shake Up Your IBS: How Exercise Can Soothe Your Belly and Boost Your Health

October 8, 2025

[Read More »](#)

7 Ways To Eat Better with the Mediterranean Diet

February 5, 2025

[Read More »](#)

DIETITIANS

Curated Black Friday Deals & Cyber Monday for Dietitians

There's no better time to invest in your professional development and business than Black Friday and Cyber Monday! All of these deals are super

[Continue Reading](#)

Amy Chow, RD (BC Dietitians Team)
— November 24, 2023

CONSUMERS

Our Clients Found This Was Their #1 Challenge : Sugar Cravings

Do you struggle with sugar cravings? We surveyed about 500 of our clients and they report that sugar craving is one of their top

[Continue Reading](#)

Amy Chow, RD (BC Dietitians Team)
— October 11, 2025

AGING

Are Protein Powders Good for You?

Proteins are the building blocks of our bodies; they form the very foundation of our cells, tissues, organs, and body functions. In general, aim to

[Continue Reading](#)

Amy Chow, RD (BC Dietitians Team)
— February 21, 2024

AGING

Menopause Is The Best Time To Prioritize Your Nutrition

Menopause and perimenopause are big life changes – physically, emotionally, and socially. While hot flashes get all the attention, there may be other symptoms that

[Continue Reading](#)

Amy Chow, RD (BC Dietitians Team)
— August 5, 2025

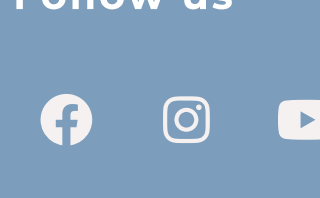
Elevate Your Health Journey with Expert Insights!

- 📧 Get personalized nutrition tips straight to your inbox.
- 🔄 Stay updated on the latest research in diet and health.
- 🔒 Unlock exclusive content on sports nutrition, gut health, and more.
- 🍷 Receive delicious and healthy recipes curated by our certified dietitians.
- 📅 Be the first to know about our upcoming webinars, workshops, and special promotions.



BC Dietitians
Privacy Policy
Terms of Use
Disclaimer
Sitemap
Fax : 604-398-8365

Follow us



Resources
Find a BC Dietitian
Book an Online Appointment
Search by Services
Search by Location
Blog & Recipes

Directory
Add a Listing
For Dietitians
Classifieds
Partnership

Stay in Touch