

Good Eating Habits # Myths

Think of your body as a precision machine. It has countless intricate parts that work together to perform amazing functions. And like any machine, it needs to be regularly maintained and properly fueled.

Your body needs to be fueled with the right nutrients in order to run at its maximum capacity. Following good eating habits is important to your overall health, but you also need to be able to sift through the layers of poor information.

Below, you'll find some myth busters on good eating habits:

1. "You should work out on an empty stomach." This is definitely a myth. The rumbling in your stomach is trying to tell you something, and it's not that you need to dash to the gym. Ignore those tummy rumbles and you're forcing your body's engine to run on empty. Always be sure that you have a light snack, such as a piece of fruit, before any physical activity.
2. "Energy bars and drinks are good meal replacements." Wrong again. While these can be fine on the fly or in a pinch, meal replacement bars and drinks are no match for a properly balanced diet. In order to get the antioxidants you need, reach for fruits and vegetables for a boost of vitamins, fiber, minerals and fluid.
3. "Breakfast isn't important". Of course, your mother was right about this one. Breakfast is and will always be the most important meal of the day. Eating a healthy breakfast gives your body the supercharge it needs to meet the challenges of the day. Skipping breakfast robs your body of precious fuel, and will leave you feeling tired and hungry all day long.
4. "Low carb diets offer all the nutrients you need." While low-carb diets can be beneficial for weight loss, they are not great for all-around good health. Your body needs carbohydrates to store energy and develop muscle tissue.
5. "Eat what you want, when you want." If only life were that easy. Just because you're making some good food choices and exercising regularly, doesn't necessarily give you license to eat everything you want. Balance is the key. You can't eat only cheese and no fruit or vegetables and expect to lead a healthy life.
6. "Cut as many calories as you can." While losing weight does involve cutting calories, you should never run on too short a fuel supply. Trim your calories wisely, and aim for a healthy weight loss of one or two pounds per week. If you start to drop weight too quickly, add a little more food to bring your daily calorie count up.
7. "Skip soda and alcohol." This is no myth. Good eating habits go hand in hand with good drinking habits. Water, milk and juice will always be the best beverage choices for active bodies. Drink often, and not only when you feel thirsty. By the time you begin to feel thirst, your body is already close to running on empty.

Good eating habits begin with a solid understanding of proper diet. When you change what you eat, you'll be taking an important step toward improving your overall wellness. Fuel up and keep your motor running for optimum performance today, and down the road.