

## Seven Dangerous Nutrition Myths

Contact Dr. Janice Stanger using the contact form on [www.perfectformuladiet.com](http://www.perfectformuladiet.com) to find out what's wrong with these outdated nutrition myths.

*The more of a nutrient, the better* – If you are eating all you can of essential nutrients such as protein and vitamins as an insurance policy to get "enough," watch out. Too much can make you sick or even kill you.

*A little bit can't hurt* – Actually, even small amounts of unhealthy foods can unbalance your body, leading to overweight and disease.

*We should dissect our foods into proteins, fats, and carbs* – The pattern of what you eat is what is important, not the isolated pieces.

*Fish oil is the best way to get omega-3s* – The fish did not put together the omega-3s, and their polluted and highly processed oils are not the best way to get these critical fats.

*Protein is the premier nutrient* – You don't need a specially designated source of protein in your food any more than you need a specially designated source of oxygen when you breathe. Too much protein will make you fat and sick.

*Cow's milk is the best place to get calcium* – You don't need to eat any specific food to get plenty of calcium. And if you did, estrogen-laden dairy foods would not be the first pick.

*Supplements are a great source of nutrients* – Vitamins and minerals that are too highly concentrated can unbalance your body and give a false sense of security as you dive into empty calorie food choices.