Nutrition Myths -

http://www.cbc.ca/morningnorth/past-episodes/2012/02/01/food-feature-nutrition-myths/

1. Everyone needs to drink 8 glasses of water a day.

Depends on:

Recommendations?

What happens if we don't get the water we need?

What do fluids include?

2. Sea salt is better than table salt

How is it different?

How is it the same?

What can you use instead?

3. You need a vitamin/mineral supplement to be healthy.

When do you need them? What extras do you need?

Is a multivitamin okay for kids that don't eat vegetables/fruits?

4. Everyone should eat a gluten-free diet.

What is gluten?

What is celiac disease?

What is the recommendation?