

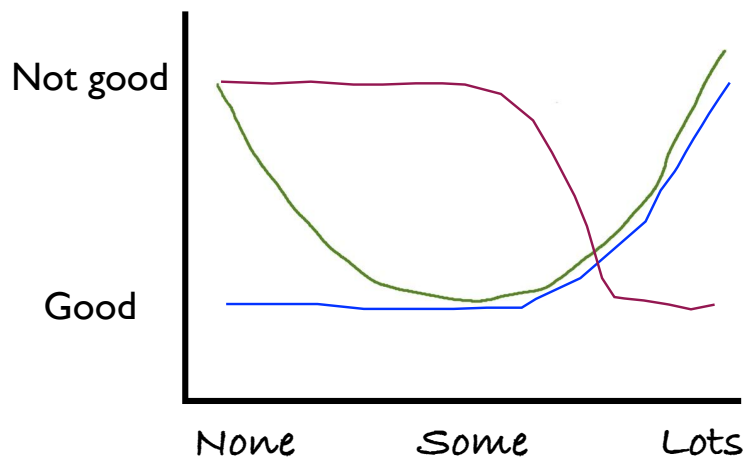
Nutrition Mythology lies & deception

Glenn Cardwell
Accredited Practising Dietitian
Accredited Nutritionist

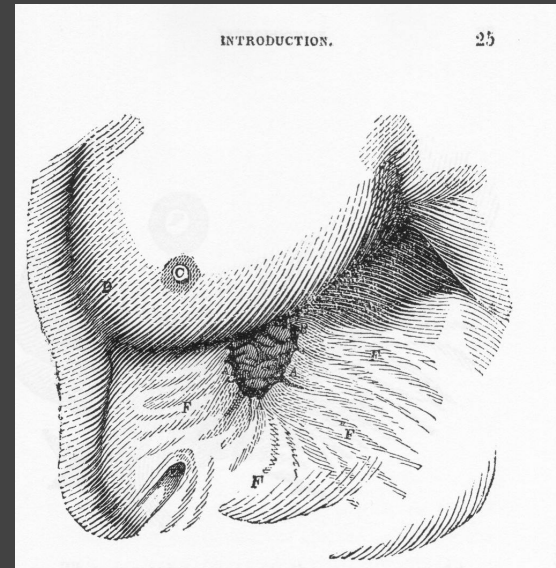


**Mislead
Unknown
Speculation
Misunderstand**

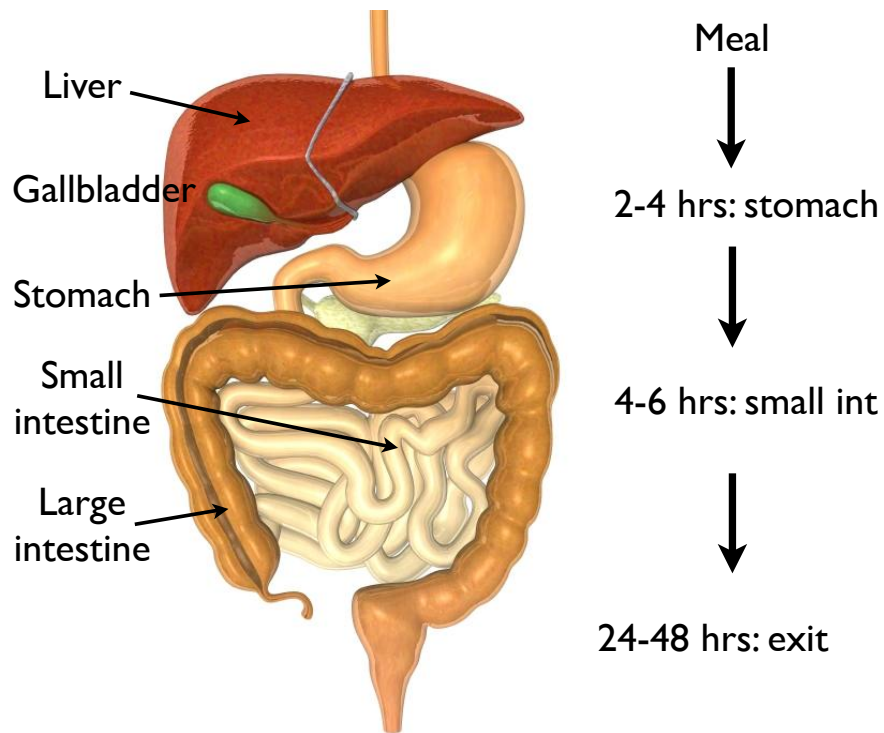
The Dose Makes the Poison



Alexis
St Martin
1822



William
Beaumont



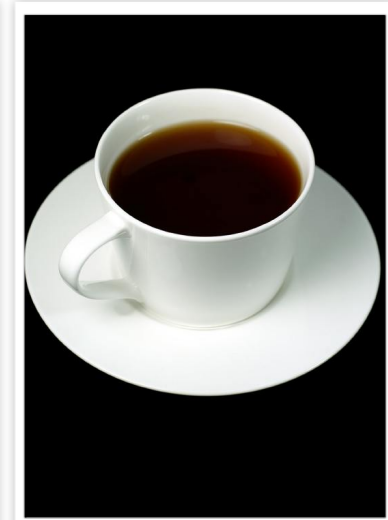
Drink at least 6 glasses of water every day



Caffeine causes excess fluid loss via the kidneys



Drink at least 6 glasses of water every day



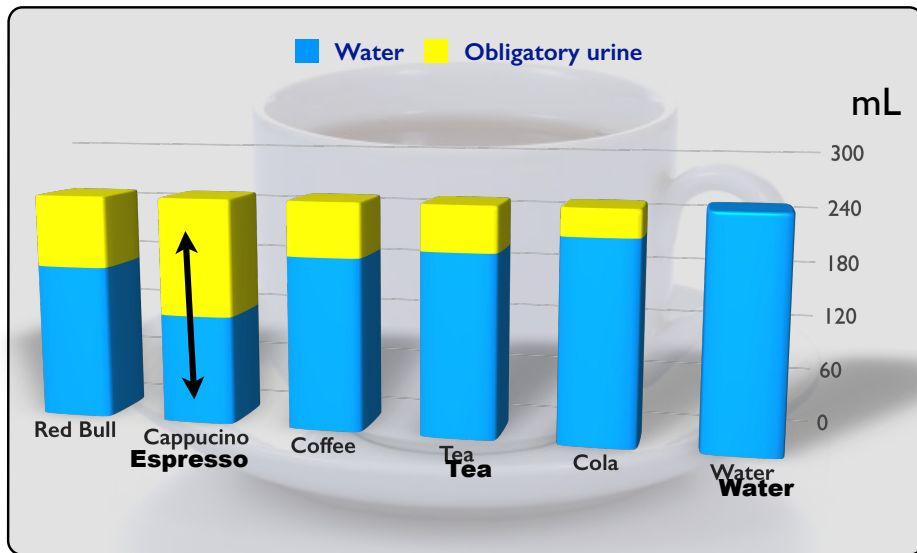
Caffeine causes excess fluid loss via the kidneys

Diet	Water mL
2 serves fruit (300 g)	
5 serves veg (400 g)	
300 mL milk	
100 g breakfast cereal	
200 mL yogurt	
150g meat	
1 boiled egg	
200 mL fruit juice	
3 x 250 mL tea/coffee	
Total	



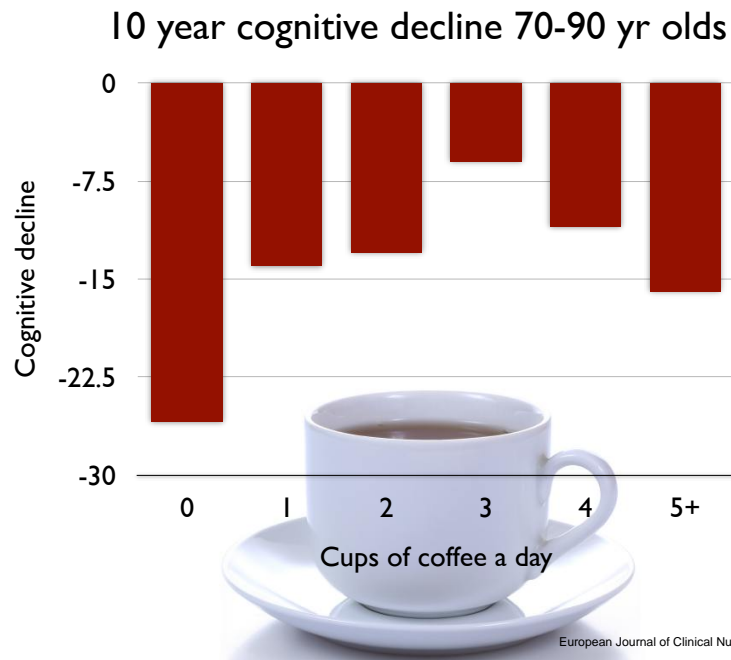
Daily Fluid Intake

caffeine = excess pee ?



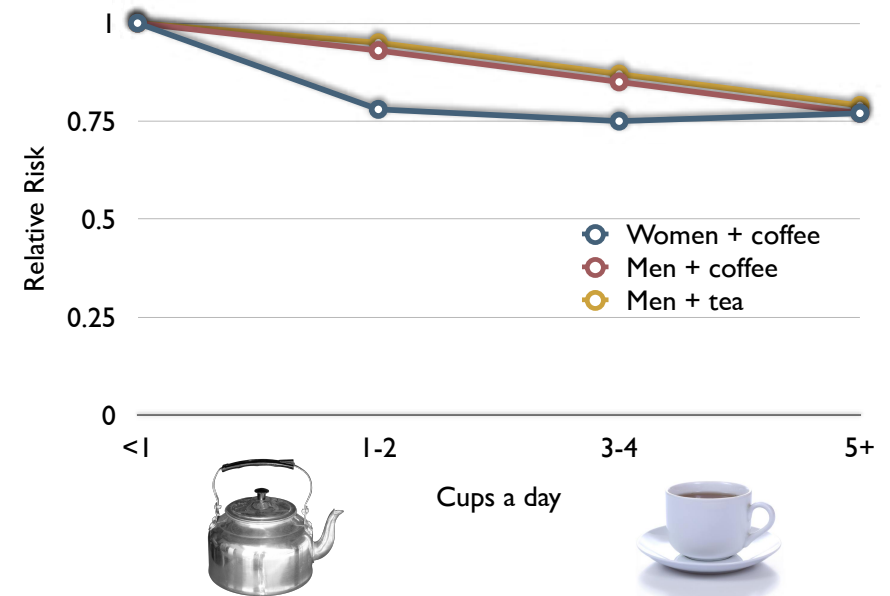
Food/drink	Caffeine mg
Instant coffee 1 teaspn	60-80
Percolated coffee	60-120 /cup
Espresso	30-220 /cup
Tea bag	40-70
Green tea	50-80
Coffee flavoured milk	20-105 /300 mL
Cola drink/can	30-60
Red Bull/can	80
Milk chocolate/100g	20
No-doz tablet	100

Cardwell G. Gold Medal Nutrition 5th edition 2012



European Journal of Clinical Nutrition 2007; 61: 226-232

Stroke risk in women & men



Adapted from Stroke 2008; 39: 1681-1687; Stroke 2011; 42: 908-912



Fresh vegetables have higher nutrient levels than frozen vegetables

Nutrient retention of vegetables

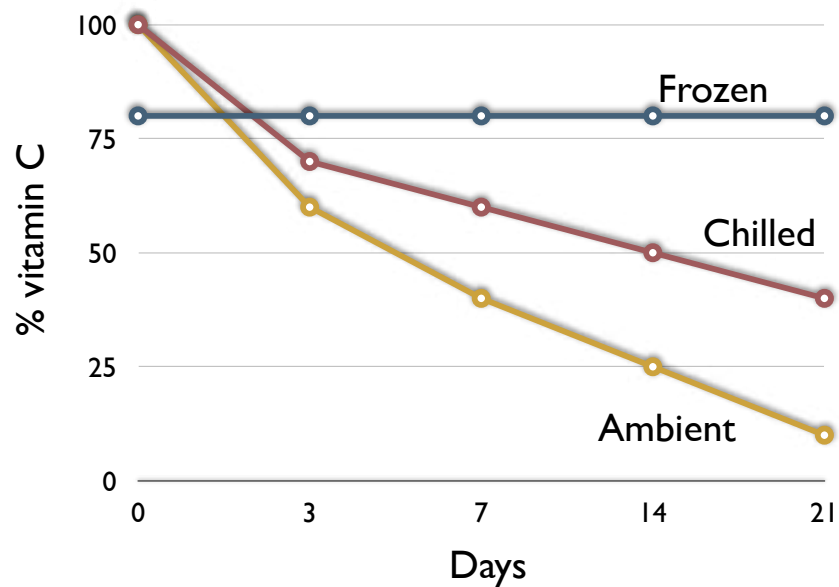
Blanching
Storage time
Cooking time



Transportation
Handling
Storage time
Light
Temperature
Cooking time



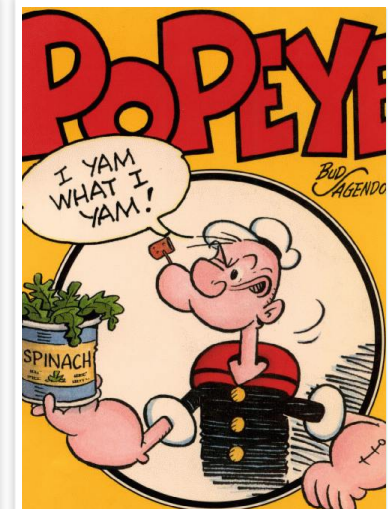
Storage of vegetables



Adapted from Food Chemistry 1998; 62 (1): 59-64



Vegetables have less vitamins than 100 years ago



Spinach is a good source of iron



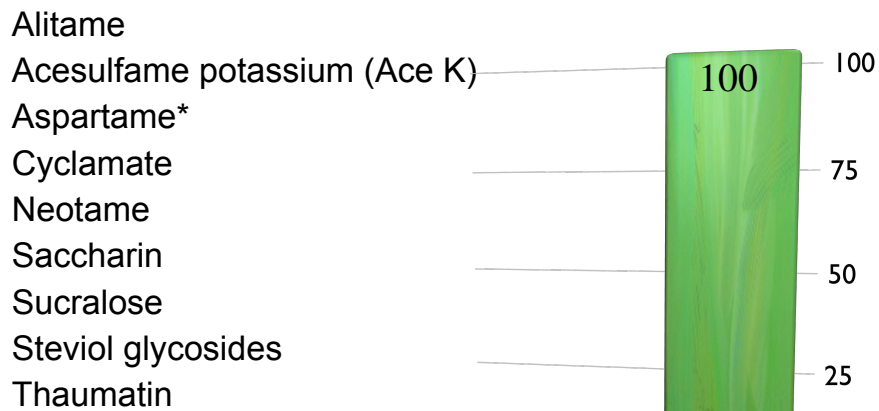
Which have cholesterol ?



Diet drinks contain harmful artificial sweeteners

Sweeteners

■ ADI ■ Safe intake



* aspartic acid + phenylalanine

Food additive

foodstandards.gov.au

Aspartame equivalents



1 glass !
milk

=



4 cans diet soft drink

Stevia



pH of fluids

increasing acidity

Pancreas secretions	8
Blood	7.35 - 7.45
Water	7 (neutral)
Milk	6.7
Mineral water	5.5 - 7.5
Tea & coffee	5.5 - 7.0
Sports drinks	3 - 4
Fruit juice	3 - 4
Beer	4
Red wine; white wine	3 - 4
Red Bull/energy drinks	3.3
Soft drink (regular & diet)	2.7 - 3.3
Cola soft drink	2.4 - 3
Stomach acid	1.5 - 3

Aust Dental Journal 2009; 54: 238-244; Schweizerische Zeitschrift für 2006; 54: 92-95; Nutrition Research 2009; 29: 558-567; mineralwaters.org

Rule of Thumb

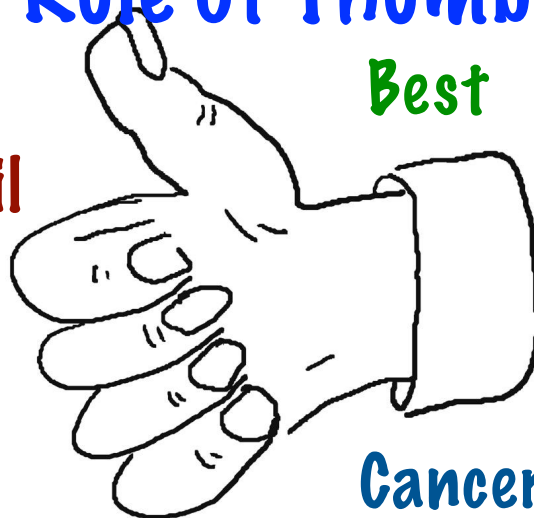
Best

Worst

Toxic

Cancerous

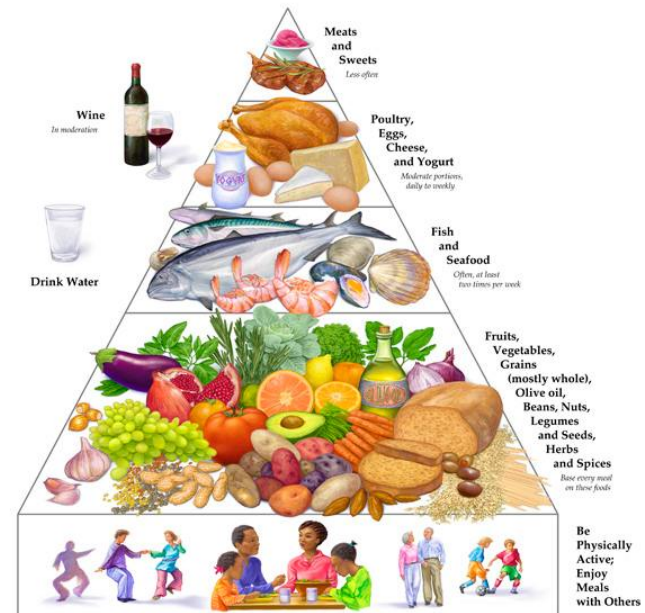
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www.snopes.com

www.glenncardwell.com

Mediterranean Diet



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