

Top 11 Most Common Nutrition Mistakes



There is a LOT of nonsense going around in nutrition.

Everyone seems to „know“ what is right, usually based on zero evidence.

Here are 11 common nutrition mistakes, that people seem to be repeating over and over.

All of these points are based on science... just look in the brackets behind the paragraphs to see links to peer-reviewed scientific journals, backing up every major claim.

Thanks,
Kris Gunnars

[Authority Nutrition](#)

1. Not Eating Enough Protein

„PROTEIN IS KING“ – DR. SPENCER NADOLSKY

When it comes to [losing weight](#) and being able to stick to a healthy diet, protein is the king of nutrients.

Adding protein to your diet is the simplest, most effective **and** most delicious way to lose weight with minimal effort.



Studies show that protein both increases your metabolic rate and helps reduce appetite ([1](#)).

Because protein requires energy to metabolize, a high protein diet can increase calories burned by up to 80 to 100 calories per day ([2](#), [3](#), [4](#)).

Protein is also the most fulfilling nutrient, by far. One study showed that

people who ate 30% of calories as protein automatically ate **441 fewer calories** per day ([5](#)).

In other words, you can easily increase calories out and reduce calories in, just by **adding** protein to your diet.

Protein can also help fight cravings, which are the dieter's worst enemy.

In one study, 25% of calories as protein reduced obsessive thoughts about food by 60% and cut the desire for late-night snacking by 50% ([6](#)).

If you want to lose weight, sustainably, with minimal effort, then consider making a **permanent** increase in your protein intake.

Not only will it help you lose, it will also prevent or at least significantly reduce weight regain, in case you ever decide to abandon your weight loss efforts ([7](#), [8](#)).

This is the most important takeaway from this e-book... if **all** you do is make a permanent increase in your protein intake, then that should get you well on your way towards a healthier body and lower weight in the **long-term**, which is what really counts.

More details: [Protein Intake – How Much Protein Should You Eat Per Day?](#)

2. Not Cutting Back on Carbs

"CARB-ASS... IT'S THE NEW FAT-ASS." – SCOTT MILLER

Cutting carbs is a very effective way to lose weight ([9](#)).

When people do that, their appetite tends to go down and they eat fewer calories automatically ([10](#), [11](#)).



[Studies](#) have shown that eating a low-carb diet until fullness can make you lose about 2-3 times as much weight as a calorie restricted low-fat diet ([12](#), [13](#), [14](#)).

Not only that, but low-carb diets also have all sorts of other benefits for health, **especially** for people with obesity, type 2 diabetes or metabolic syndrome... which are incredibly common (and serious) health problems.

In fact, I think that NOT recommending a low-carb diet in these instances is a mistake, because these problems can sometimes [literally be reversed](#) on a real food based, low-carb diet ([15](#)).

But... if you don't want to go low-carb, then that's fine too. Just make sure you eat quality, fiber-rich carbohydrate sources from whole, single ingredient foods.

If you stick to real foods, the exact composition of your diet becomes less important.

More Details: [How Many Carbs Should You Eat Per Day to Lose Weight?](#)

3. Still Eating a „Low-Fat“ Diet

„THE WAR ON FAT IS THE BIGGEST MISTAKE IN THE HISTORY OF NUTRITION.“ - MYSELF

The universal advice to eat a low-fat diet was never based on good science.

It was originally based on a few poorly conducted observational studies, animal experiments and misguided political decisions.



Even though there was no evidence that saturated fat caused heart disease at the time (and [still isn't](#)), some scientists were **convinced** that it was harmful and that a low-fat diet would prevent heart disease.

This has been the official position of the governments and mainstream health organizations around the world for decades. At the same time,

rates of obesity and type 2 diabetes have skyrocketed.

Since then... many massive studies have been conducted on the low-fat diet.

The biggest and most expensive diet study in history, The Women's Health Initiative, randomized 48,835 women into groups... one ate a low-fat diet, the other group continued eating the standard Western diet.

After 7.5-8 years, there was only a 0.4 kg (1 pound!) difference in weight and there was no reduction in heart disease or cancer ([16](#), [17](#), [18](#), [19](#)).

Many other studies have led to the same conclusion... the diet that is **still** being recommended by the mainstream simply does not work ([20](#), [21](#)).

The truth is, the low-fat diet is a miserable failure. Almost every time it is pitted against another type of diet in a study, it loses ([22](#), [23](#)).

Even diabetics have been advised to follow this type of diet... the “carb up and shoot up” strategy that benefits no one but the drug companies.

It is a simple biochemical fact that carbs raise blood sugar. This keeps the diabetic patients dependant on blood sugar lowering drugs ([24](#)).

Although low-fat diets may be okay for healthy people, they are a **complete disaster** for people with obesity, metabolic syndrome and type 2 diabetes.

In fact, low-fat diets can adversely affect some key risk factors for metabolic syndrome and heart disease. They can raise triglycerides, lower HDL and increase small, dense LDL particles ([25](#), [26](#), [27](#), [28](#), [29](#), [30](#)).

It is time for the mainstream to retire the ridiculous low-fat fad and apologize for all the terrible damage it has done over the decades.

More details: [Do Low-Fat Diets Actually Work? A Critical Look](#)

4. Thinking That Fruit Juices Are Healthy

„FRUIT JUICE IS LIKE FRUIT... EXCEPT WITH ALL THE GOOD STUFF TAKEN OUT.“

Fruit juice is often perceived as healthy... it must be, because it comes from fruit, right?

Well, not always. Sometimes “fruit juice” is actually just fruit flavored sugar water. There may not even be any actual fruit in there... it may just be water, sugar and some chemicals that taste like fruit.



But even IF you can get your hands on real, 100% fruit juice, you still shouldn't be drinking it (or at least not much).

The problem with fruit juice, is that it's like fruit except with all of the good stuff taken out.

Whole fruits do contain some sugar, but it is bound within the fibrous cell walls, which slows down the release of the sugar into the bloodstream.

But fruit juice is different... there's no fiber, no chewing resistance and nothing to stop you from downing massive amounts of sugar in a matter of seconds. One cup of orange juice contains almost as much sugar as two whole oranges ([31](#), [32](#)).

The sugar content of fruit juice is actually very similar to sugar-sweetened beverages like Coca Cola ([33](#)).

So... eat whole fruit, but avoid fruit juice if you're trying to lose weight.

More details: [Fruit Juice is Just as Unhealthy as a Sugary Drink](#)

5. Not Eating Real Food

„REAL FOOD DOESN'T NEED AN INGREDIENTS LIST, BECAUSE REAL FOOD IS THE INGREDIENT.“

When it comes to optimal health, people tend to get lost in the details. They miss the forest for the trees.

Even though “nutrition” as an academic discipline can be incredibly complicated, eating healthy can and should be simple!

Keep in mind that humans and pre-humans have managed to survive and be healthy for millions of years.

Yet, we only learned about calories, vitamins, macronutrients and all that stuff very recently. Knowing about this stuff has NOT made us healthier.



What healthy, non-industrial societies that maintain excellent health all have in common is that they eat real, unprocessed foods that resemble what they looked like in nature.

Multiple studies have examined such societies and noted almost a complete absence of Western, lifestyle-related diseases like obesity, type II diabetes and cardiovascular disease ([34](#), [35](#)).

So... if it looks like it was made in a factory, don't eat it!

As long as you stick to **whole, single ingredient foods**, the rest of the details become much less important.

More details: [Top 9 Healthiest Foods to Eat](#)

6. Thinking That You Need to Eat 5-6 Times Per Day

„WHEN HUNGRY, EAT. WHEN FULL, STOP. REPEAT INDEFINITELY“

Many people seem to think that it is best to eat 5-6 small meals per day.

They say that you need breakfast in the morning to “jump start metabolism” and then eat every 2-3 hours to “stoke the metabolic flame.”



It is true that eating can raise your metabolic rate slightly while you're digesting and metabolizing the food

However, it is the total amount of food you eat that matters, NOT the number of meals.

This myth has actually been tested and refuted repeatedly. Controlled trials where one group eats many, smaller meals and the other fewer, larger meals find no difference between groups ([36](#), [37](#)).

The thing is... it's not natural for the human body to be constantly in the "fed" state.

The human body is well equipped to handle short periods of famine and there are studies showing that a cellular repair process called autophagy starts to occur when we fast for a short while ([38](#)).

More details here: [How Many Meals Should You Eat Per Day?](#)

7. Throwing Away The Yolks

„WHEN LIFE GIVES YOU EGGS, YOU EAT THE DAMN YOLKS.“ – MARK SHIELDS

Eggs are among the most nutritious foods on the planet.

Just think about it... the nutrients in a whole egg contain all the building blocks needed to turn a single fertilized cell into an **entire baby chicken**.

There's only one problem... the yolks also happen to be high in cholesterol.

Because egg yolks are high in cholesterol, people believed that they would raise cholesterol in the blood.

For this reason, mainstream nutrition professionals often recommend that we limit our egg consumption to 2-6 whole eggs per week.

However, most of them say we can eat more eggs than that... as long as we make sure to **throw away the yolks**.

This is pretty much the worst thing you could do, because the yolks contain almost all the nutrients. The whites are mostly just protein.



Many studies have looked at whole egg consumption and blood cholesterol levels... in 70% of people, eggs have no effect ([39](#)).

In the other 30% (termed hyper-responders), egg yolks raise HDL (the good) cholesterol and turn the LDL particles into the large, fluffy kind... which is not harmful ([40](#), [41](#), [42](#)).

In fact, many studies, some of which included hundreds of thousands of people, have looked at whole egg consumption and heart disease risk in healthy people and found no association between the two ([43](#), [44](#), [45](#)).

Additionally, let's not forget that eggs have many amazing benefits. They're loaded with high quality protein, healthy fats, vitamins, minerals and antioxidants... almost every nutrient your body needs ([46](#)).

They're also very high in choline, a brain nutrient that 90% of people don't get enough of ([47](#)).

Then they contain Lutein and Zeaxanthin, powerful antioxidants that are highly protective for the eyes and lower the risk of several eye diseases ([48](#), [49](#), [50](#)).

Eggs are also among the most weight loss friendly foods you can eat. Replacing a grain-based breakfast with eggs can increase fullness and make you eat less for up to 36 hours, helping you lose weight ([50](#), [51](#)).

To top it all off, eggs are cheap, easily prepared and taste amazing.

Really... whole eggs are pretty much nature's perfect food. Throwing away the yolk is the absolute worst thing you could do.

More details: [10 Proven Health Benefits of Eggs](#)

8. Thinking That All That Matters is Calories

„NOT ALL CALORIES ARE CREATED EQUAL.“

The excessive focus on calories is one of the biggest mistakes in the history of nutrition.

It is the myth that it is the caloric value of foods that matters most, not the foods that the calories are coming from.

The truth is... [calories are important](#), but that doesn't mean we need to

count them or even be consciously aware of them. Humans were the healthiest and leanest way before they knew that calories existed.



It's important to realize that different foods have different effects on the hormones and brain centers that control what, when and how much we eat... as well as the number of calories we burn ([52](#), [53](#)).

Here are two examples of why a calorie is NOT a calorie:

Protein: Eating a high protein diet can boost metabolism by 80-100 calories per day and significantly reduce appetite and cravings. Protein calories have a different effect than carb or fat calories ([54](#), [55](#), [56](#)).

Satiety: Many studies show that different foods have varying effects on feelings of fullness. You need much fewer calories to feel full from eggs or boiled potatoes, compared to donuts or ice cream ([57](#)).

There are many more examples of foods and macronutrients having vastly different effects on hunger and hormones. The myth that calories are **all** that matters for weight (and health) is completely wrong.

More details: [6 Reasons Why a Calorie is NOT a Calorie](#)

9. Replacing Natural Fats Like Butter With Processed Vegetable Oils and Margarine

„BLAMING NEW HEALTH PROBLEMS ON OLD FOODS JUST DOESN'T MAKE SENSE.“ - TRUTH

Mainstream nutrition has gotten many things wrong.

However... the horrible advice to replace natural fats like butter with refined vegetable oils and processed margarine may be the worst.



Seriously... just look at the ingredients list for margarine. This stuff isn't food, it's a combination of chemicals that looks and tastes like food.

Margarine, not surprisingly, increases heart disease risk compared to butter ([58](#)).

The same can be said about vegetable oils... multiple studies show that they contribute to heart disease and kill people ([59](#), [60](#)).

The studies say that these processed fats and oils **increase** heart disease risk, so it makes sense that we should **avoid** them if we don't want to get heart disease. It's a no-brainer, right?

Well, apparently not... the mainstream nutrition organizations are still telling us to eat them, even though these studies have been out for many years.

They just don't get it. When we replace traditional foods like butter and meat with processed pseudo-foods, we become fat and sick.

How many doctors, nutritionists, PhDs and decades of work does it take to figure that out?

More details: [Are Vegetable and Seed Oils Bad For Your Health?](#)

10. Eating Too Many „Health Foods“

„IF THE PACKAGING OF A FOOD TELLS YOU THAT IT IS HEALTHY, THEN IT PROBABLY ISN'T.“

Every passing year, more and more people are becoming health conscious.

For this reason... the market for so-called “health foods” has grown rapidly in the past few decades.



The marketers have taken notice and brought all sorts of foods that are supposed to be healthy to the market. On these foods, you will find labels like “organic” and “gluten-free.”

The problem with many of these foods is that they usually aren’t healthy at all. Organic sugar is still sugar and gluten-free junk food is still junk food.

It is best to avoid processed, packaged foods... even if they are found in the “health food” aisle.

Always read labels... you’d be surprised at some of the stuff they put in foods, even the so-called health foods.

More details: [15 Health Foods That Are Really Junk Foods in Disguise](#)

11. Not Getting Information From Trusted Sources

„MOST STUDIES REPORTED BY THE MEDIA ARE ABSOLUTE NONSENSE.“ - TRUTH

Perhaps one of the worst things about nutrition these days, is all the misinformation and incompetence.

The media are particularly at blame here for making scary headlines based on weak and highly flawed science.



The problem is that most people don't know how to interpret studies or differentiate the good information from the bad.

Well... if that applies to you, then you've already taken a huge step towards fixing that by joining the Authority Nutrition newsletter.

Everything we write is based on **real** scientific research, which is linked to from within the articles (the numbers in the brackets are clickable links to peer-reviewed medical journals).

Each article contains anywhere from 20 to more than 100 scientific references.

Then all the scientific jargon from the medical journals is deciphered into clear, easy to understand, human terms.

So... a good place to start with getting the „right“ information is opening and reading every single e-mail from me.

Authority Nutrition also has a very active community on Facebook, please take a moment to follow us on there:

<http://www.facebook.com/AuthorityNutrition>

Please keep in mind that you need to interact on Facebook by liking and commenting every now and then, otherwise Facebook will start hiding our posts from you.

And don't forget to tell your friends/family about the site if you like the information we are providing. That would be highly appreciated.

Thanks a lot,
Kris Gunnars