

## Organic food is healthier than conventional? Cholesterol is bad for you? Here's 10 debunked nutrition myths

There are several longstanding nutritional myths many of us have fallen prey to. We are here to tell you: it is healthy to eat carbs, real sugar is better than sweeteners and there are other myths to debunk about what makes a “healthy” diet.

Here are 10 nutrition myths, debunked by experts.

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### **Myth 6: Organic produce is healthier**

The most important part of a healthy diet is that it is balanced. Daily consumption of fruits and vegetables is essential to achieving a balanced diet, according to the [CDC](#).

Organic produce has fewer synthetic pesticides and fertilizers but is also costs a lot more. Additionally, there are no proven nutritional benefits to eating strictly organic produce.

“There’ve been a number of studies examining the macro- and micronutrient content, but whether organically or conventionally grown, the foods are really similar for vitamins, minerals, and carbohydrates,” says registered dietitian Kathy McManus.

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### **Myth 7: High-cholesterol foods are bad for you**

Cholesterol levels have a lot more to do with genetics than diet — eating cholesterol-rich foods such as eggs might not actually impact the levels of cholesterol in your blood.

“Your genetic makeup – not diet – is the driving force behind cholesterol levels” says Dr. Steven Nissen, per the [Cleveland Clinic](#). “The body creates cholesterol in amounts much larger than what you can eat, so avoiding foods that are high in cholesterol won’t affect your blood cholesterol levels very much.”

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