

# Nutrition Myths & Fad Diets

---

Coletta Meyer, MS, MCHES<sup>®</sup>, CWPC  
Health & Wellness Strategist, GEHA

Mandy Katz, MS, RD, CLC, LDN  
In-Store Nutritionist, Giant Food



# Welcome from GEHA

- Government Employees Health Association
  - 81+ years – We stand by those who stand for us
  - One of the largest national medical and dental plan carriers exclusively for federal employees
  - More than 2 million medical and dental plan members
  - Worldwide network of doctors, dentists, hospitals and other providers
  - Benefits include a commitment to wellness and living healthier

# Today's presenters



Coletta Meyer, MS, MCHES<sup>®</sup>, CWPC  
Sr. Worksite Wellness Consultant, GEHA



Mandy Katz, MS, RD, CLC, LDN  
In-Store Nutritionist, Giant Food



# Giant Food

- 75+ year commitment of delivering unmatched selection of quality and value
- 165+ locations in Virginia, Maryland and the District of Columbia
- In-store, registered and licensed Nutritionists to help answer your nutrition questions:
  - Diabetes
  - Heart health
  - Weight loss
  - Improve family meal times



**Giant**<sup>®</sup>



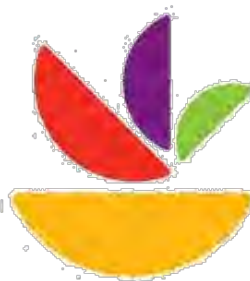


# Giant Food Nutritionist Team

- Individual consults
- Classes and demos
- Community events
- Wellness Walks
- Digital tools
  - Blog
  - podcast



# Nutrition Myths & Fad Diets



**Giant**<sup>®</sup>

Mandy Katz, MS, RD, CLC, LDN  
In-Store Nutritionist, Giant Food





# Too much information

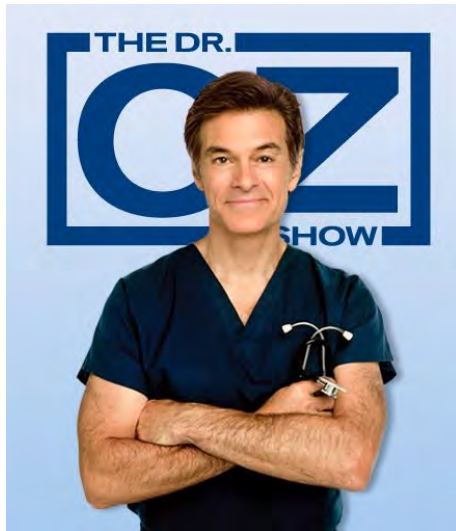
---



# Who can we trust?



**WHAT THE HEALTH**

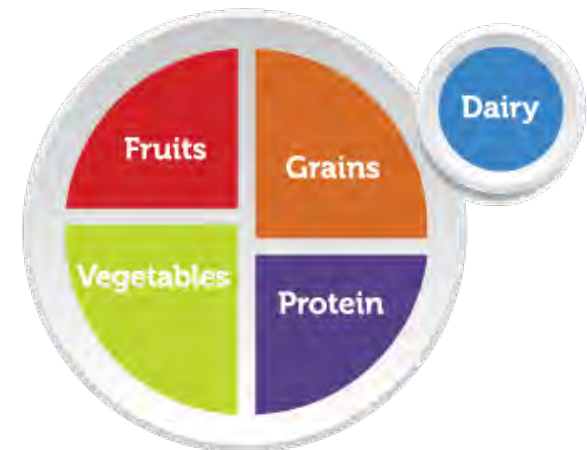


*goop*





# Trust these experts



**eat right.** Academy of Nutrition and Dietetics  
[eatright.org](http://eatright.org)

[ChooseMyPlate.gov](http://ChooseMyPlate.gov)



# Good foods vs bad foods

---



vs.



Misunderstood?

# Perceived "good" foods



← Healthier than cow's milk



← Weight loss, reduces cellulite, prevents Alzheimer's, balances hormones, pays rent

Weight loss, prevents cancer, improves hypertension





# Perceived “good” foods



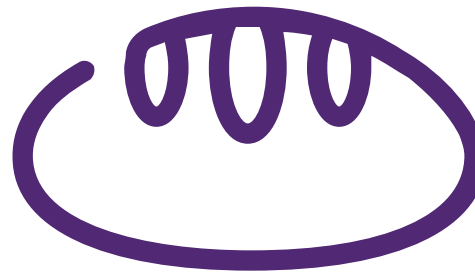
# Perceived “bad” foods



Gluten



Soy



Carbs



Canned food



# Perceived "bad" ingredients (justified?)

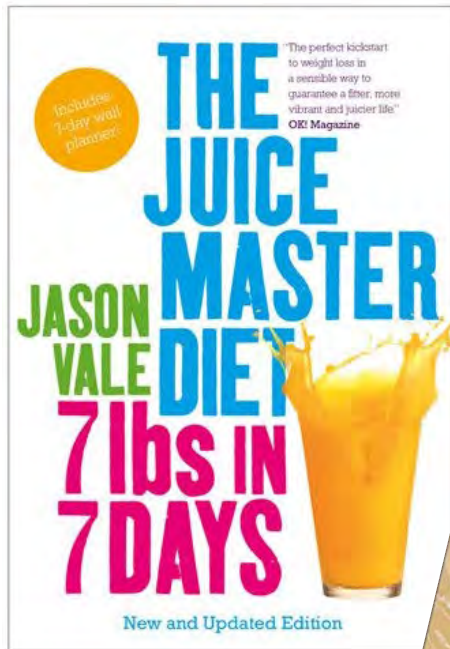




**“On this diet you can eat all the meat you want but fruit will kill you. BUT - on this diet you can eat all the fruit you want but meat will kill you.”**



# Juicing and detox diets



# SPRING CLEAN YOUR GUT



WITH OUR UNPASTEURIZED JUICE CLEANSES

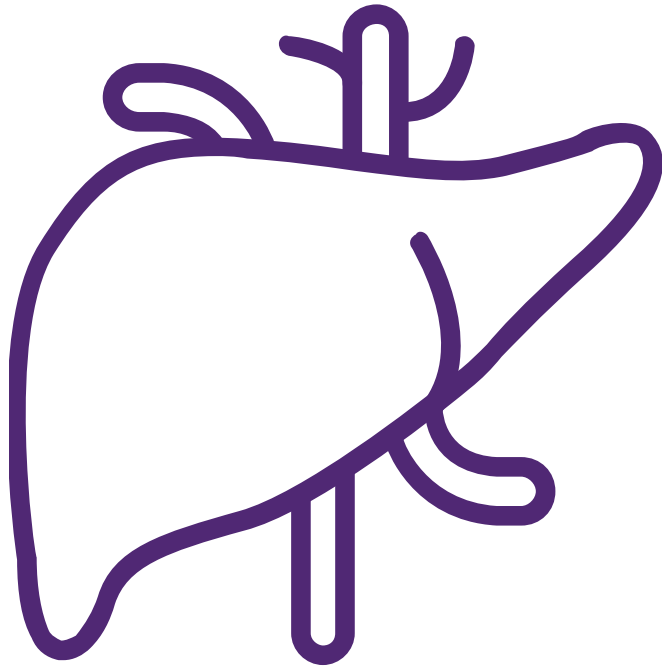
OUR CLEANSE PACKAGES

3♥DAY \$160	5♥DAY \$265	7♥DAY \$375
----------------	----------------	----------------

CALL US 24-HRS+ IN ADVANCE TO SET YOUR PERSONALIZED CLEANSE!



# Your in-house detox team



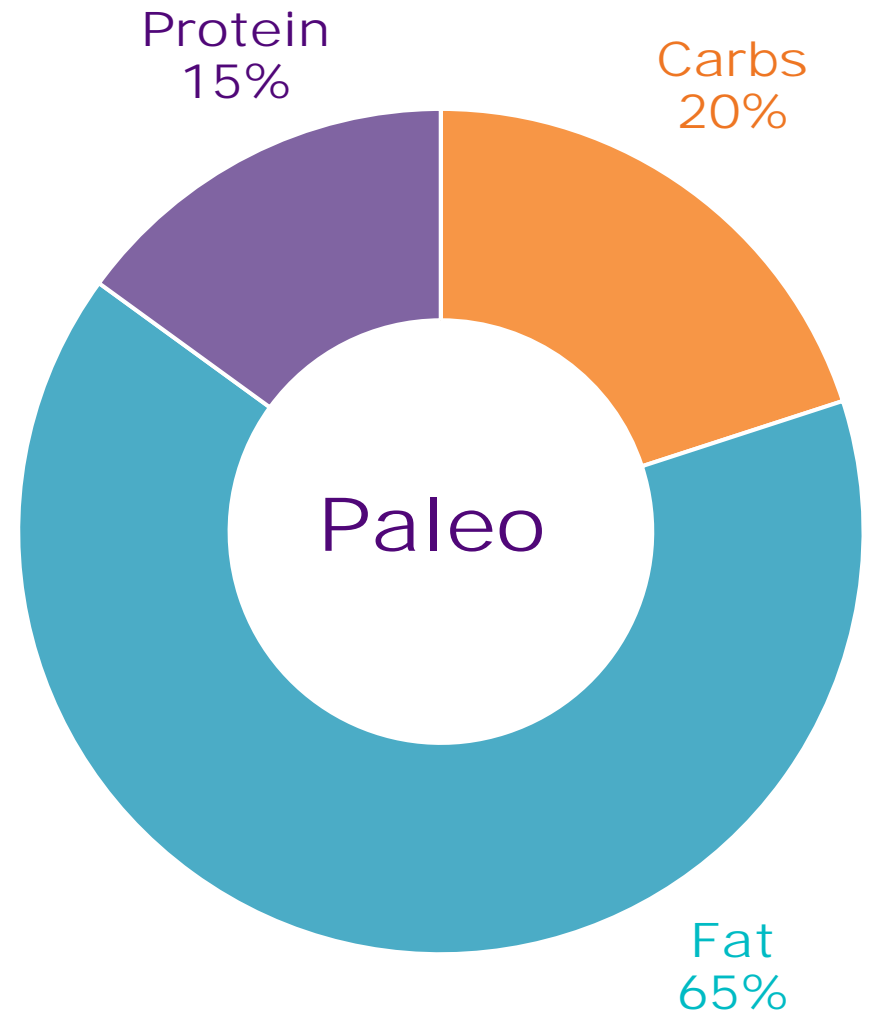
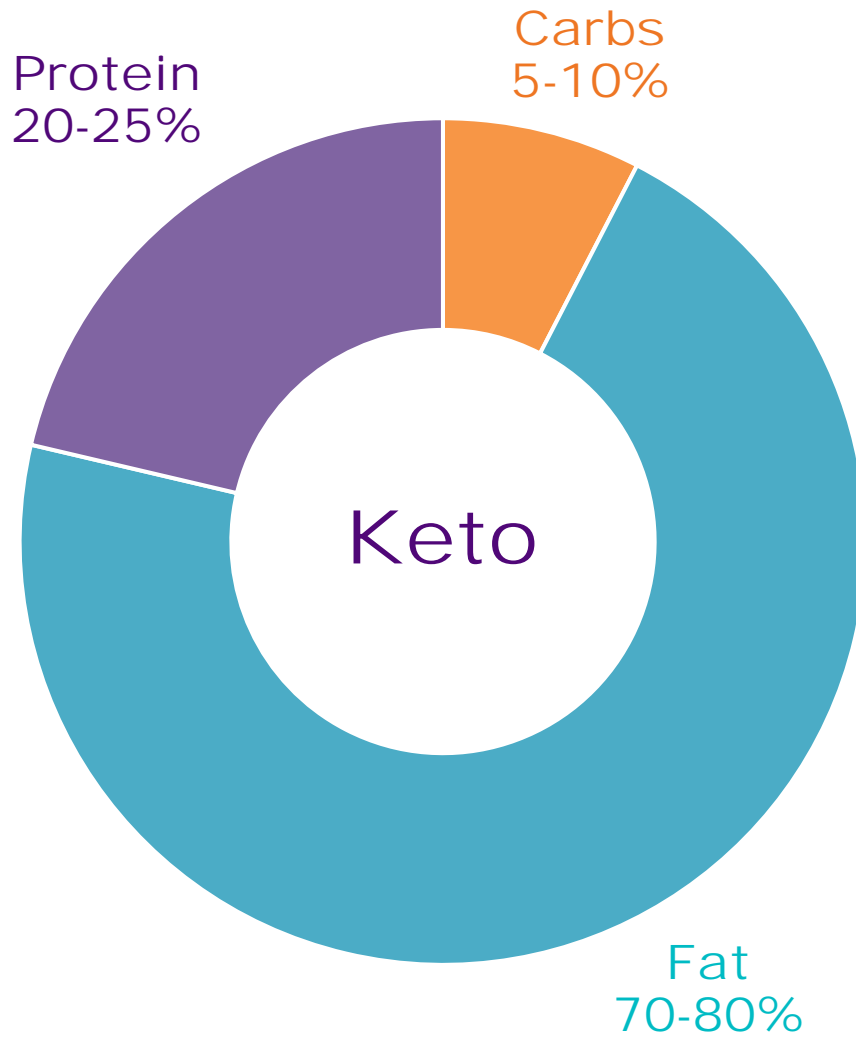
Liver



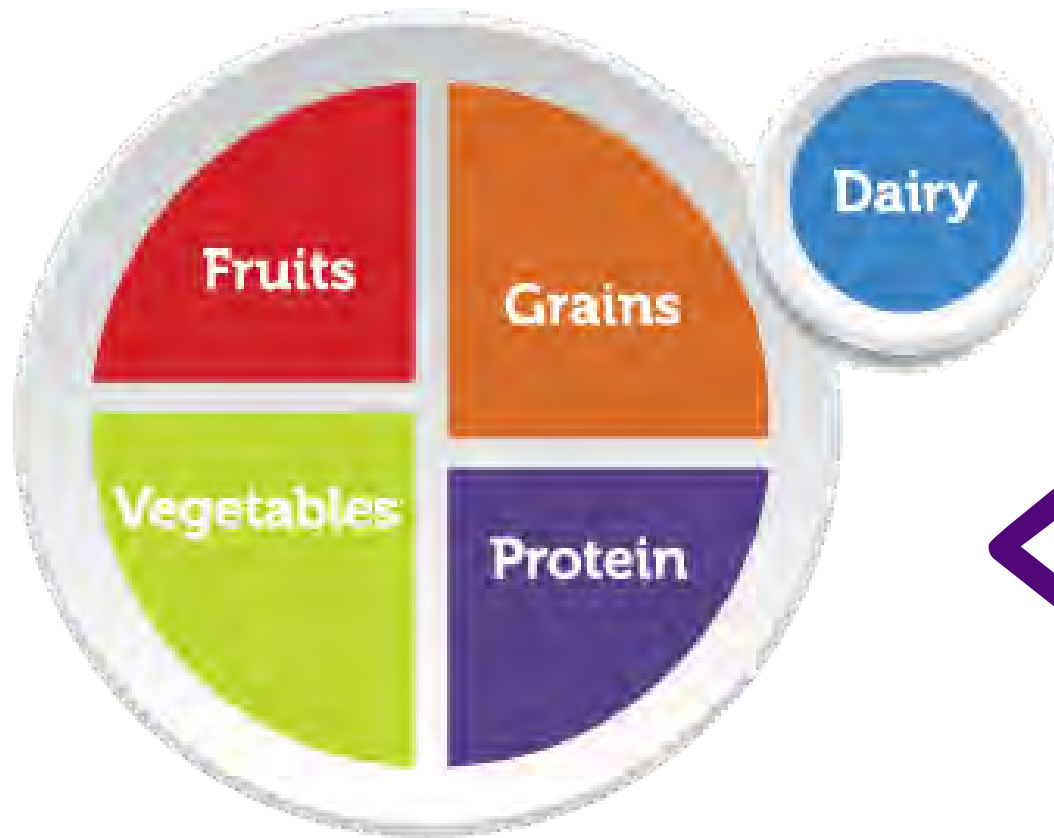
Kidneys



# Keto and paleo diets



# MyPlate "diet"



All foods fit

[ChooseMyPlate.gov](http://ChooseMyPlate.gov)



# Intermittent fasting

Leangains

Eat Stop Eat

Warrior

Alternate Day

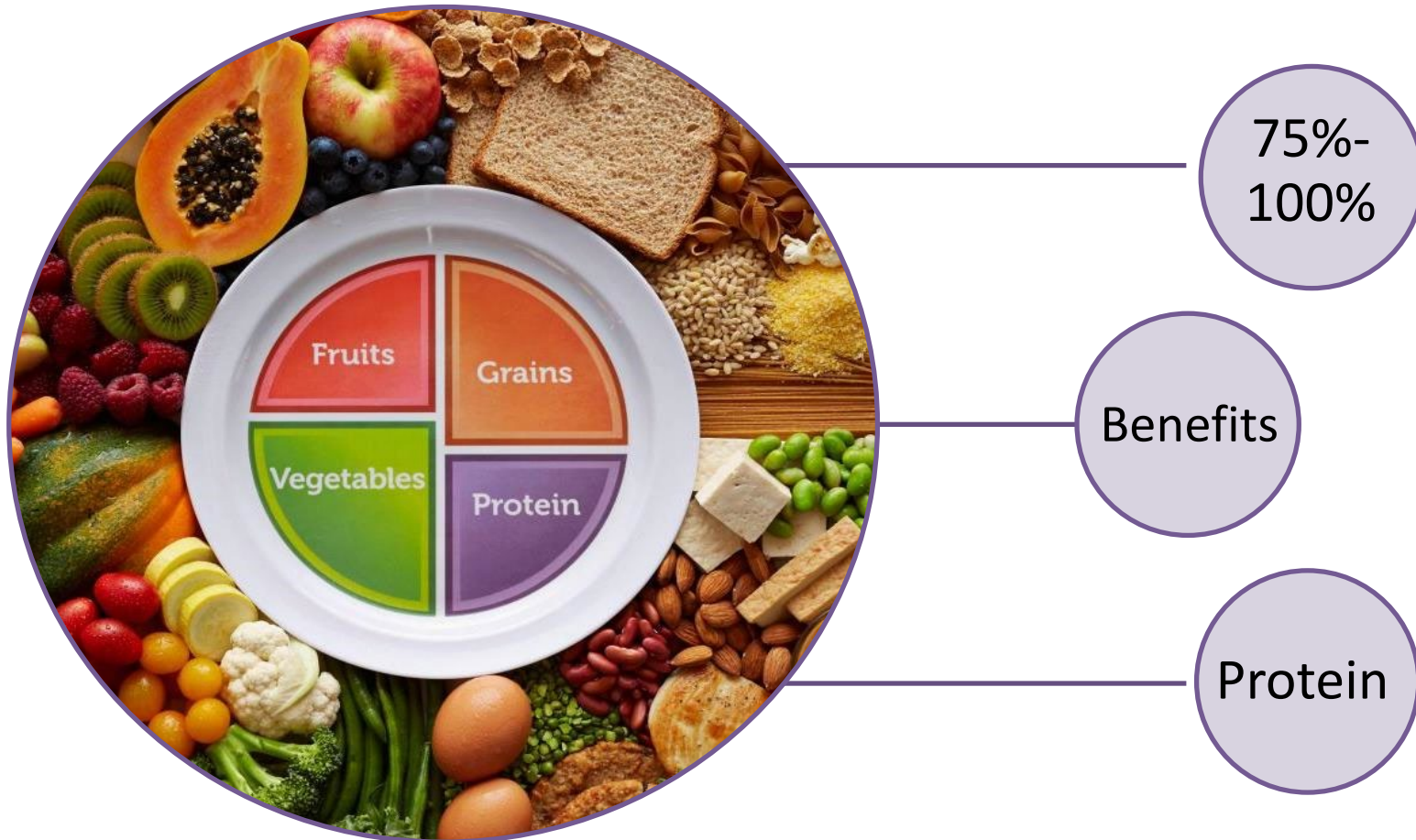


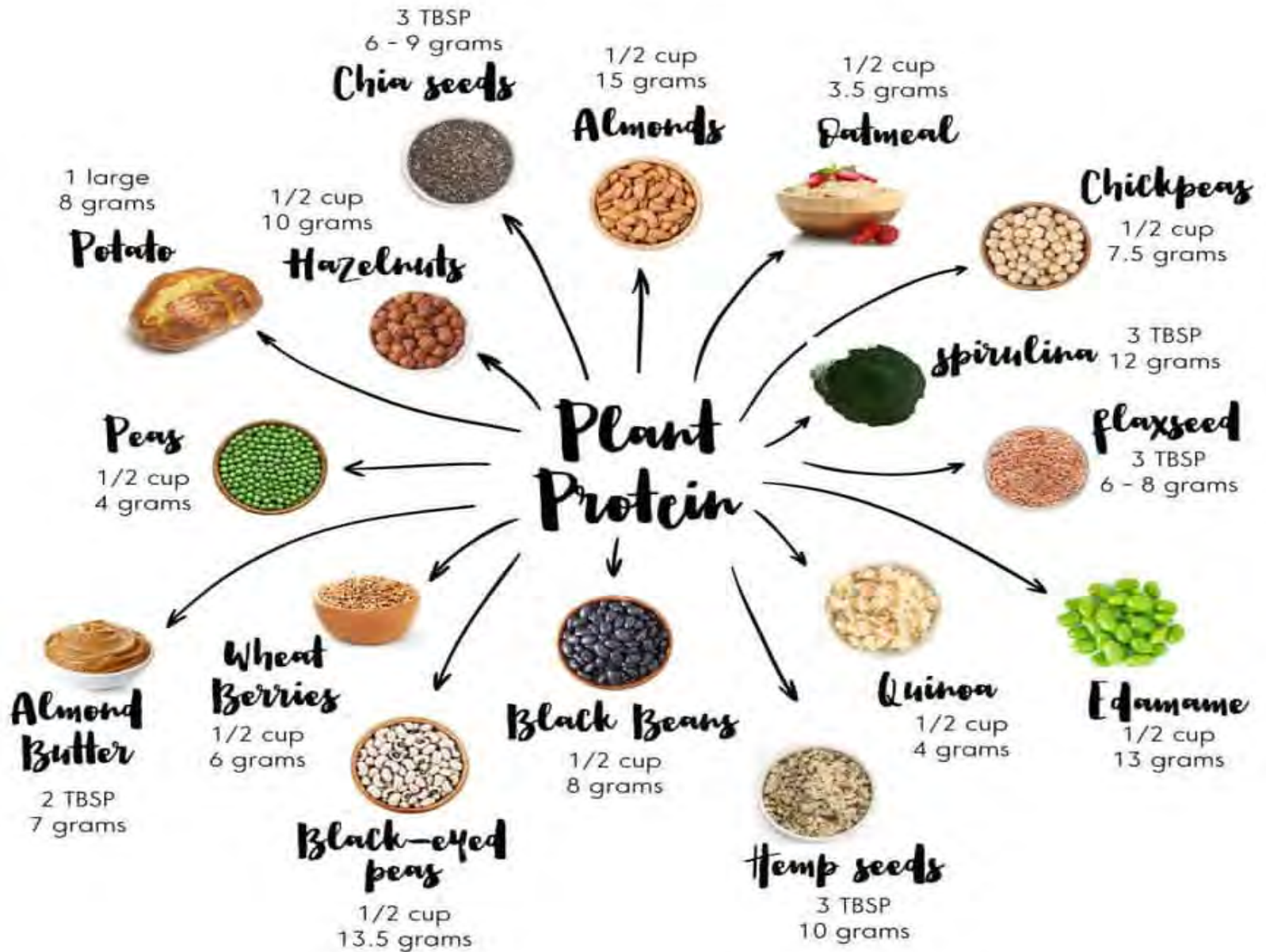
There is no diet that will do what healthy eating does.





# Plant-based eating (not a diet)





# We can help!

## Podcast & Blogs at ([giantfood.com/nutrition](http://giantfood.com/nutrition))

- Tips for living your best life with diabetes, hypertension and more!
- Fun info for foodies, recipes, insight into trends and interviews.
- New content every week!
- Download podcast online or on iTunes.



Podcasts

 Giant®

**Nutrition**



Made Easy!™



# Questions?



Coletta Meyer, MS, MCHES<sup>®</sup>, CWPC  
Sr. Worksite Wellness Consultant, GEHA



[geha.com](http://geha.com)  
[outreachevents@geha.com](mailto:outreachevents@geha.com)



Mandy Katz, MS, RD, CLC, LDN  
In-Store Nutritionist, Giant Food



[giantfood.com/nutrition](http://giantfood.com/nutrition)  
[nutrition@giantfood.com](mailto:nutrition@giantfood.com)



For more  
information,  
visit:

---

[geha.com](http://geha.com) and  
[giantfood.com/nutrition](http://giantfood.com/nutrition)

