

Nutrition  FOOD FALLACIES	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A03.08 01/1998-N Page 1 of 1
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## INTRODUCTION

This section is provided only in hopes of dispelling some of the most common fallacies made about certain foods and nutrients. If a question arises about any of the items mentioned, or on another topic of nutrition, please feel free to contact the Health/Fitness Section.

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## FOOD FACTS

- White sugar is not synthetic, and there is little difference in nutritive value between honey and sugar.
- Toast has the same number of calories as bread.
- Grapefruit does not burn off body fat.
- Carbohydrates are NOT fattening when eaten in moderation and should comprise approximately 60% of daily caloric intake.
- Fat is essential to your diet.
- Bananas, bread, potatoes, and pasta are low in fat.