

# Food Myths Debunked



What is healthy and what is not? The findings will shock you.



**Grains**



**Beans**



**Nuts**



**Oats**



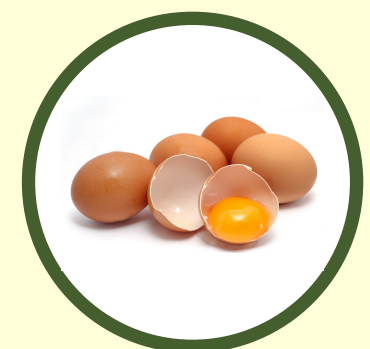
**Milk**



**Sweet Fruits**



**Honey**



**Eggs**

## Value to Participants

There are just too many misrepresentations of what are deemed to be healthy in today's food choices.

We help you gain clarity on long term health & wellness by revealing the truth about the most common food we eat on a daily basis.

Controversial topics to be debunked :

- oats & grains are good for health
- cholesterol & eggs are bad for the heart
- going low fat is healthy
- milk builds strong bones and teeth
- plenty of fruits, fruit juices & honey are good for health
- nuts, beans & uric acid
- you are what you eat

Qualified under HRDF SBL Scheme