April Fools’ Fact or Fiction?

Fact or Fiction?
Drinking chocolate milk is a better choice after exercise than Gatorade®.

Fact
Why? Chocolate milk contains protein in addition to carbohydrate in the optimal ratio to replace the glycogen just used in exercise. Replacing more muscle glycogen means more energy for your next session of physical activity.

Fiction
Why? High fructose corn syrup is calorically identical to sugar and has essentially the same chemical composition (fructose and glucose). Our bodies respond similarly to both forms. Drinking soda can cause excessive weight gain because it contains calories without nutrients—NOT because it contains high fructose corn syrup.

Fact or Fiction?
Drinking soda causes weight gain because it contains high fructose corn syrup.

Fiction
Why? Eating too many calories from any source causes weight gain. Carbohydrates are no more fattening than calories from other sources.

Fact or Fiction?
Eating carbohydrates causes weight gain.

Fiction
Why? Muscle results from a strength-training program—NOT from eating a high protein diet. In fact, eating too much protein (more than 30% of your calories) can be hard on your body. Instead choose a well-balanced diet (whole grains, fruits and vegetables, and lean dairy, meats, and fish) to support muscle building.

Fact or Fiction?
Consuming extra protein is necessary to build muscle.

Have you been fooled?

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