



# Start Fresh, Skip the Fluff: 5 Nutrition Myths Busted

As we prepare to set goals for the New Year, it's the perfect time to reset your mindset around nutrition. Let's clear up some common nutrition myths before heading into 2026.

## 1. Low-fat food is always healthier

Fat is not the enemy. It is essential for hormone production, nutrient absorption, and brain function. Many low-fat products add sugar, salt, or artificial ingredients to replace flavour. Whole, full-fat options are often more nutritious.

## 2. Organic is always better

Not all organic foods are healthier. Due to pesticide concerns, the "Dirty Dozen," like strawberries and spinach, are worth buying organic. However, the "Clean 15," such as avocados and onions, usually have low pesticide residue and are safe when conventionally grown.

## 3. Yogurt is always a healthy snack

Many flavoured yogurts are high in added sugar. For a better option, choose plain Greek yogurt and add fresh fruit or a drizzle of honey.

## 4. You should not drink more than eight glasses of water per day

The "8 glasses a day" rule is a general guideline, not a strict rule. Hydration needs vary based on your size, activity level, and environment. Instead of counting glasses, monitor the colour of your urine. It should be pale yellow.

## 5. Late-night snacking causes weight gain

Timing matters less than what and how much you eat. A healthy snack at night is fine if you are truly hungry. Avoid eating from boredom or habit.

Take this moment to refresh your perspective on nutrition and start with a mindset rooted in facts—not fads. While consistent exercise is essential, proper nutrition is often the key to achieving lasting fitness results. You cannot outrun a poor diet, especially if unhealthy eating becomes the norm.

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