



# Fact... or Fiction?

## Every day we're bombarded with nutrition and health information.

With search engines like Google and Yahoo!, a plethora of information (and misinformation) is just a click away. One day, we're told that Vitamin C will save us from disease, the next day we read that this very same vitamin may cause it. In an effort to clarify some common misperceptions, the Block Center for Integrative Cancer Treatment put together a True or False quiz that tests your knowledge about some of the most widespread myths and facts about health and nutrition. To see the answers, visit our website, [www.blockmd.com](http://www.blockmd.com).

**1. If you're trying to lose weight**, lose the fat in your diet! Cutting all fat will speed weight loss.

**2. In their lifetime**, 1 out of 2 men, and 1 out of 3 women will be diagnosed with cancer.

**3. If a woman has any risk factors** for breast cancer, it's important she reduces or eliminates all soy food products from her diet.

**4. Moderate alcohol consumption** is beneficial for cancer prevention.

**5. When you're undergoing treatment** for cancer, it's very important to rest whenever you can. The more you rest, the more energy you have to fight the disease.

**6. Coconut oil** is the healthiest oil available today.

**7. Mammogram and colonoscopies** are two of the best tools available for preventing breast and colon cancer, respectively.

**8. Raw vegetables** have more nutrients than cooked vegetables.

**9. Organic yogurt** and dairy is considered safe because the animals are not treated with hormones.

**10. Omega 3** and Omega 6 fatty acids are the most beneficial fatty acids.

**11. Brown sugar** is better for you than white sugar.

**12. In general, decaffeinated** coffee is a better choice than regular coffee.

**13. One in 6 women** in this country will die from heart disease.

**14. As we get older** (50+), it's still important to adhere to a regular exercise regimen, but less time is required to achieve optimal health benefits.

**15. Self breast exams** and scheduling regular medical appointments are two of the best ways to help prevent disease and illness.

**16. There is an optimal time** of day to administer many medications, including chemotherapy drugs.

**17. Brown grain products** are whole grain products.

**18. For optimal health**, aim at getting 30% of your daily calories from fat.



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**Keith I. Block, MD** is co-founder and medical director of the Block Center for Integrative Cancer Treatment, in Evanston, IL. For additional information, and to register to win a free nutritional consultation from one of the Block Center's registered dietitians, visit [www.blockmd.com](http://www.blockmd.com).

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