

Did You Know? Myths, Facts, and Fallacies About *Stuff* in Your Food

By

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Most consumers get information about food and nutrition from the media—social and popular press. Family and friends help disseminate the information by word of mouth, with results similar to the game of broken telephone. The media decide which food and nutrition hot topic is important to be reported to the public but most consumers do not have the technical background to help them sort the facts from the myths and fallacies.

Here's the real deal on what you've read or heard about *stuff* in your food.