

Five food rumours

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Eating chocolate gives you spots.

Not true. There's no evidence that eating chocolate will give you spots. But eating too much can put a strain on your body. It's better to eat it as part of a healthy balanced diet.

All fat is bad. Not true.

Some fats are good for you and are an important part of a balanced diet.

Energy drinks are a good source of energy. Not true.

Energy drinks are high in sugar and caffeine, only giving you a short burst of energy. A glass of water and a fruit snack are much better at giving you a boost.

Missing breakfast will help you to lose weight. Not true.

If you skip breakfast, you're more likely to snack throughout the day. A good breakfast should fill you up until lunch.

Eating carbs will make you put weight on. Not true.

Carbohydrates are an important staple in any good diet and are a great source of energy.

The perfect diet should include all food groups in moderation.