



FOR MORE INFORMATION
CONTACT US?

STUDENT HEALTH CENTRE

Phone: (506) 453-4837
go.unb.ca/studenthealth

FACT Or FICTION



I need to eat more than just protein to build muscle.

FACT

Protein alone does not build muscle.

A strength building program along with enough calories from balanced meals, snacks, nutritional recovery allowances, and rest/sleep, are all needed for building muscle!

People can generally get the extra protein that's needed from simply choosing protein-rich foods like lean meats, fish, eggs, lower fat milk and sliced chicken and turkey.



Avoiding carbs is important for most fitness programs.

FICTION

Carbohydrates like whole grain bread, pasta, fruit and starchy vegetables are the primary source of fuel for your muscles!

Consequently low carb diets can zap your energy and be short-lived. Be like an Olympic athlete and balance your food and fitness goals by choosing more or less of a variety of foods from each of the food groups at all 3 meals.



To achieve my fitness goals - treats are off limits?

FICTION

NO WAY!!!

Although most food choices will be nutrient dense – eat all sorts of different foods, even chocolate and chips on occasion!

Use the 80-20 rule! 80% of the time make the healthy choice; 20% of the time have a treat!

Allow forgiveness for being a human not a robot!





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To achieve my
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NO WAY!!!

fitness goals
off limits?

A decorative graphic at the bottom of the slide. It features a large teal semi-circle on the right side, partially overlapping a smaller orange semi-circle on the left. Below these, there are several overlapping geometric shapes in teal and orange, including a large teal triangle pointing right and an orange triangle pointing left. A thin blue vertical bar is visible on the far right edge of the slide.

TREATS

20%

80%

**HEALTHY
CHOICES**

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