The 8 Top Dietary Mistakes "Healthy Eaters" Make

By ACSH Staff — November 9, 2007

A November 9, 2007 piece on diet mistakes [1] quotes ACSH's Dr. Ruth Kava:

Most Americans, 76 percent in fact, believe they have healthy eating habits, according to a 2004 poll by Ipsos-Insight. Yet 57 percent of the nearly 4,000 adults polled also considered themselves overweight. How can this be? Either the healthy eaters aren't being active enough, or we all have different definitions of "healthy eating."

"People say they have a healthy diet, but what does that mean to them?" said Ruth Kava of the American Council of Science and Health. "Does it mean they eat an apple a day and the rest of the day eat burgers and french fries?"