



## 5 Takeaways

### **Food Myths: What do we believe?**

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1. You are what you eat - and what you absorb.
2. Miso does not raise blood pressure.
3. Cooking oil can be oxidized before expiration date.
4. Eating an optimal amount of seaweed can be helpful for health.
5. Choose safe sweeteners (erythritol and allulose seem the best choices).

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