

With motivation from New Year's resolutions fading, dieters are starting to hit the crash and burn stage. At the same time, they're trying to keep eating healthy by sticking to a set of diet "facts" that just about everyone holds to be true.

Unfortunately, according to nutrition expert Gloria Tsang, founder of HealthCastle.com, many commonly held diet facts are actually diet myths – and believing them may sabotage a diet in no time flat.

Gloria can shock your listeners with some fresh and frank advice about which commonly believed diet myths could actually be causing them extra stress and sabotaging their weight loss plans. She'll debunk myths about everyday food items like:

- Brown sugar: Is brown sugar better than white sugar?
- Eggs: Are brown eggs better than white eggs?
- Shellfish: Should you avoid shellfish when you have high cholesterol?
- Carbs: Should I go low-carb to lose weight?
- Red meat: Is red meat bad for you?

Plus she can explain how one common strategy for cutting calories can actually make you *gain* weight!

An active member of the American Dietetic Association and Dietitians of Canada, Gloria Tsang, RD, created HealthCastle.com (now the largest online nutrition community run by Registered Dietitians) in 1997, and specializes in making nutrition information fun and easy to understand. She's a veteran interview subject (for both TV and radio), and her articles regularly appear in national media, including Reuters, FoxNews, NBC & ABC affiliates, iVillage, and USA Today.

To schedule an interview with Gloria please contact Tracey Johnston at 1-800-941-8852 ext 706.