### **Miracle Foods—Myths and the Media**

**Introduction**

Do burgers give you asthma? Does wine add five years to your life? Can chocolate prevent heart attacks? You may have heard about some of these miracle foods, but how accurate are these claims? The following document provides a great overview of how nutrition research is often misconstrued in the media. Pulling from recent headlines, it demonstrates how media reports often fail to provide the whole truth of a scientific study, leading to misinformation being passed onto the reader.

**Instructions**

Read the article, [*Miracle Foods – Myths and the Media*](https://www.nhs.uk/news/2011/02February/Documents/BTH_Miracle_%20foods_report.pdf)by NHS Choices. When you hear the word “superfood,” what foods come to mind for you? Note some of the confounding factors of misinformation, particularly as it relates to nutrition research. The article discusses how many nutrition studies are conducted on animals, since it is easier to manipulate the diet of an animal over that of a human. What are some of the drawbacks of generalizing the results from studies done on animals to humans? After reading the truth about the scientific studies of some so-called “superfoods,” do you believe that miracle foods exist?