Abstract

Title: Myths in nutrition

Objectives: The aim of this thesis is to define and analyse the most common myths about nutrition that are commonly encountered on websites, social networks or in popular science literature. I will then seek to confirm or refute these claims by reviewing the available scientific evidence.

Methods: Research

Keywords: sports nutrition, protein, anabolic window, evening meal, protein before bedtime, effects of creatine, gluten-free diet, fats