

***“Apple Cider Vinegar –folk remedy or scientifically proven remedy?”***



**Josée Sanscartier**  
Account Manager, mother of three,  
Georgetown ON.

Through friends and family, I have heard apple cider vinegar can help with many health issues. Can it help with everything from warding off colds to promoting weight loss?



***“There are a lot of misconceptions about apple cider vinegar.”***



**Michelle Jaelin**  
Registered Dietitian, Toronto

There is no scientific evidence to support vinegar as an infection or virus cure. There is limited evidence that vinegar can promote satiety (the feeling of fullness), which can provide a slight benefit during weight loss.

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