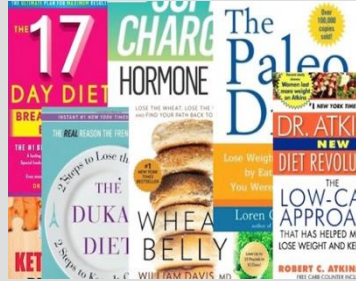


Identifying good and bad nutrition information resources



Beware of claims that promise....

- Quick fixes
- Claims that are too good to be true
- Recommendations based on one study
- Celebrity testimonials (research needs to be science-based)



Identifying reliable nutrition information

- *Internet*: Websites that end in .com or .net should be avoided. Websites that end in .edu, .org, or .gov are recommended.
- *Television, books, newspaper articles, magazines*: The author should be presented by an individual with a specialized degree in nutrition/dietetics, public health, or related science degree from an accredited university.

Reliable Nutrition Education Sources for Consumers

- Academy of Nutrition and dietetics:
www.eatright.org
- U.S.. Dietary guidelines for Americans:
www.health.gov/dietaryguidelines
- Centers for disease control and prevention:
www.cdc.gov
- United States department of agriculture:
www.usda.gov
- www.choosemyplate.gov
- www.foodsafety.gov
- www.nutrition.gov