

# TRUSTING NUTRITIONAL ADVICE

## FIVE TIPS TO SPOT MISINFORMATION...

1. Promising a quick fix: If it sounds too good to be true, then it likely is!
2. Trying to sell you products: instead of teaching you how to make better food choices.
3. Provide information based on personal stories: rather than on facts. Although it's nice to hear about a success story from a celebrity, it's not proof that something works or it is true.
4. Claim based on a single study: or a few research studies. The stronger the study design, and the more studies available that draw the same conclusions, the stronger the evidence that something is true.
5. The person is not qualified: you wouldn't ask a celebrity to fill your cavity, you'd ask a dentist. The title dietitian is protected by law, just like a nurse, dentist, or pharmacist. Look for initials "RD or PDt" to identify a registered dietitian.

(Dietitians of Canada, 2015)

***We need to learn to accept ourselves and others at whatever their natural weight and to challenge the notion that thin people are necessarily happier, smarter, and have more fun.***

**WWW.BANA.CA**

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In this technology age, there is no shortage of dietary advice. But is it advice you can trust? Dietitians would like to supply you with the right tools for acquiring reliable nutritional information on the web. Listed below are websites with good, credible and up-to-date information:

[www.dietitians.ca](http://www.dietitians.ca)

[www.wechealthunit.org](http://www.wechealthunit.org)

[www.ellynsatter.com](http://www.ellynsatter.com)

[www.nedic.ca](http://www.nedic.ca)

[www.eatrightontario.ca/en/default.aspx](http://www.eatrightontario.ca/en/default.aspx)



Dietitians of Canada (2015). Can I trust this nutrition advice? Five tips to spot misinformation. Retrieved from <http://www.dietitians.ca/Media/News-Releases/2015/Misinformation.aspx?ref=digest>

Nutritional services are provided to individuals currently accessing BANA Clinical services and Health Promotion programs.

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