

Getting Nutrition Information for Your Family

Information You Can Trust

Smart nutrition information is based on good science and:

- Comes from reliable sources:
 - Public health agencies
 - Hospitals or health clinics
 - Government sources
 - Universities
 - Qualified nutrition experts, such as a registered dietitian (RD) or an Extension agent
- Offers nutrition information as part of an overall healthful way of eating.
- Applies to your child, your family, or you.
- Tells about scientific studies that back up any advice. You need to learn what nutrition experts say about nutrition news before you follow the information or change your family's food choices.

Does it seem like nutrition is always in the news? How do you know if you can trust what you read or hear?



Top Sources of Nutrition Information

Government resources

- MyPyramid.gov
- Government nutrition Web sites: www.nutrition.gov
- State or County Extension Agents:
Phone # _____

Nutrition organization

- The American Dietetic Association
Phone: 1-800-877-1600
Web site: www.eatright.org

Great resources in your community!

- WIC Office: _____
- County Extension Agent: _____
- Your health care provider: _____
- _____
- _____

Provided by _____

Getting Nutrition Information for Your Family

You know about feeding your family. And there's more to learn!

Get smart, sensible nutrition advice from experts. Your family's health depends on it.



Warning Signs!

Beware of nutrition advice that:

- Promises quick, easy benefits.
- Sounds too easy or too good to be true.
- Uses words like “secret,” “magical,” or “miracle.”
- Appeals to your emotion.
- Describes foods as “good” or “bad.”
- Tries to scare you.
- Offers advice from people who really are not experts.
- Tries to sell something.
- Ignores advice from qualified nutrition experts.
- Gives advice from just one study.
- Places attention on just one food or type of food.