

Just the Facts...

Finding Credible Nutrition Information

10 Red Flags To Spot Junk Science:

1. Recommendations that promise a quick fix.
2. Dire warnings of danger from a single product or regimen.
3. Claims that sound too good to be true.
4. Simplistic conclusions drawn from a complex study.
5. Recommendations based on a single study.
6. Dramatic statements that are refuted by reputable scientific organizations.
7. Lists of “good” and “bad” foods.
8. Recommendations made to help sell a product.
9. Recommendations based on studies published without peer review.
10. Recommendations from studies that ignore differences among individuals or groups.



Taken from the American Dietetic Association's 10 Red Flags To Spot Junk Science

Suggested Web Sites:

- www.eatright.org The American Dietetic Association's web site provides fact sheets, articles, nutrition links, and nutrition updates. There are also nutrition materials available for purchase for consumers.
- www.mayoclinic.com A web site run by the Mayo Clinic that provides archives of questions answered by a Registered Dietitian.
- www.navigator.tufts.edu Nutritionists evaluate and rate nutrition related web sites. This site is a great resource for determining if a web site is credible. If you find a web site you are unsure of, see how Tufts Nutrition Navigator has rated it.
- www.nutrition.gov A comprehensive nutrition clearinghouse for all government-sponsored web sites.
- www.vrg.org The Vegetarian Research Group's web site provides a variety of information for vegetarians of all kinds. Information includes recipes, articles, and suggested reading.
- www.mypyramid.gov MyPyramid is the latest food pyramid that reflects current nutrition research. Customize a diet plan for your life at this interactive site.



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Updated 10/06.

