

TOPIC: FINDING CREDIBLE NUTRITION INFORMATION

Understanding Qualifications

◆ Not all “Nutritionists” are created equal.

◆ Registered Dietician Nutritionist (\_\_\_\_): master’s from accredited program (bachelors pre 2024).

- Passed certification \_\_\_\_\_ from *Academy of Nutrition and Dietetics*.
- May perform *Medical Nutrition Counseling*: counseling based on \_\_\_\_\_ medical needs.

◆ Licensed Dietitian Nutritionist (\_\_\_\_): state level licensure (all \_\_\_\_\_ qualify).

◆ PhD or Master’s in Nutrition: often \_\_\_\_\_ health officials.

- Not certified to provide \_\_\_\_\_ counseling.

◆ MDs or DOs: often \_\_\_\_\_ nutrition training.

◆ “Nutritionist”: no accredited meaning; \_\_\_\_\_ can claim to be a nutritionist.

◆ Athletic trainers & other health professionals: may have \_\_\_\_\_ nutritional training.

◆ Influencers: often selling a product based on \_\_\_\_\_ personal claims.

EXAMPLE

Fill in the table below with a check mark if the statement applies to the profession listed.

	May perform <i>Medical Nutritional Counseling</i> .	May be knowledgeable about nutrition.	Has a degree from an accredited nutrition program.
Medical Doctor			
Registered Dietitian Nutritionist			
Athletic Trainer			

PRACTICE

What type of qualification would you look for if you seek Medical Nutritional Counseling?

- a) PhD in Nutrition.
- b) MD
- c) DO
- d) RDN


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### **Credible Information vs Red Flags**

◆ Determining if nutritional information is reliable isn't easy.


**Green Flags**

- Published in a \_\_\_\_\_ reviewed journal.
- Study was done on \_\_\_\_\_.
- Study participants have \_\_\_\_\_ health/lifestyle profiles.
- Study \_\_\_\_\_ other results.
- Information is from reputable organization or Government agency.



**Red Flags**

- Trying to \_\_\_\_\_ a product.
- \_\_\_\_\_ of interest: when researchers are vested in a particular result.
- Offers a quick \_\_\_\_\_ or miracle cure.
- Claims for excessively fast \_\_\_\_\_.
- One product for \_\_\_\_\_ ailments.
- \_\_\_\_\_ theories.



◆ Quackery: promotion of \_\_\_\_\_ medical information motivated by profit.

### **EXAMPLE**

Gloria believes that certain foods cause an inflammatory reaction in the body. She searches for articles supporting her claim online and posts several articles on her social media.

What types of things should Gloria look for in the articles to support their trustworthiness?

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What types of things might suggest that the article is not trustworthy?

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### **PRACTICE**

Which of the following would be a good source of nutritional information?

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- a) Social media video selling a supplement.
- b) Studies from special interest groups.
- c) Studies from universities published in peer-reviewed journals.
- d) Magazine articles about the benefits of a given diet.