

How to Find Credible Nutrition Information



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BE WELL SOLUTION'S SPRING 2022 DIETETIC INTERN

What are we celebrating this week & month

This week

- Oct 1st
 - Nigerian independence day
 - World Vegetarian day
 - International coffee day
- Oct 2nd
 - Mental Illness Awareness Week
- Oct 3rd
 - Active Aging
- Oct 4th
 - Yom Kippur
- Oct 5th
 - National Kale & pumpkin seed day
 - Active Aging Week



This Month

- Filipino American history month
 - Italian American heritage month
 - Eat better, Eat Together
 - Health Literacy Month
 - National apple month
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- Today
 - National noodle day
 - National German-American Day



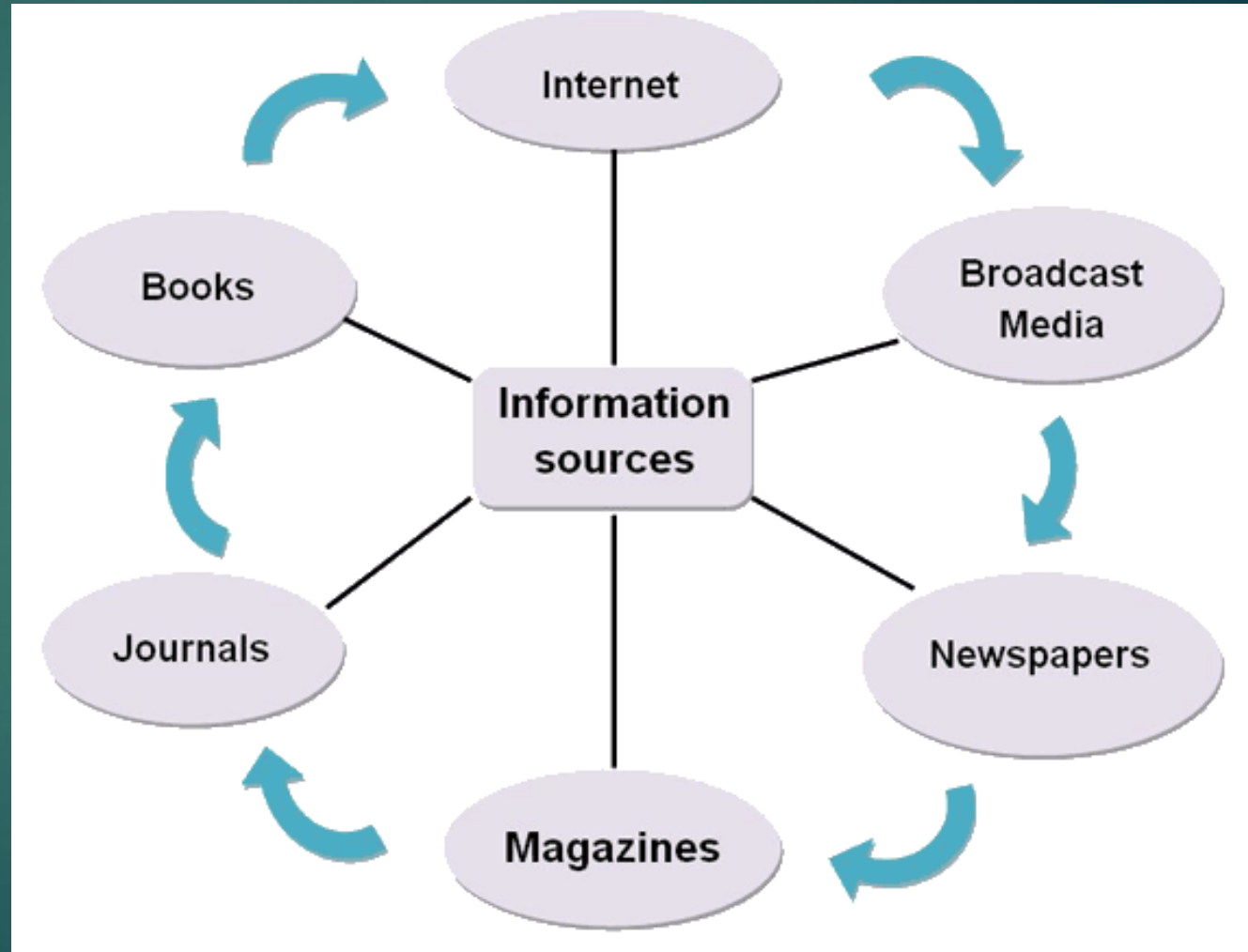
Question

- ▶ What is the difference between a registered dietitian and a nutritionist?

DIETITIAN	NUTRITIONIST
 <p>4 year Bachelors or Masters degree in Dietetics Nutrition coursework includes: lifecycle, community, food service, clinical, biochemistry, biology etc.</p>	 <p>NO MANDATED REQUIREMENTS!</p>
 <p>1 year Dietetic Internship Mandatory 1,200 hours of supervised practice in various nutritional settings</p>	 <p>Little to No Education Nutritionist may have done a short course in nutrition or simply added the title to their name.</p>
 <p>Pass the National Exam Administered by the Commission on Dietetic Registration, become a Registered Dietitian upon passing. States often require an RD to obtain licensure post-exam.</p>	 <p>No Accreditation The term "nutritionist" is not an accredited term and is not protected by law.</p>
 <p>75 hours of Continuing Ed RD's are required to obtain 75 hours of continuing education to maintain RD status...or else re-do the exam!</p>	 <p>Cannot Provide Medical Nutrition Therapy While some nutritionist can work in food service, they do not have the training to counsel on dietary treatment of diseases</p>

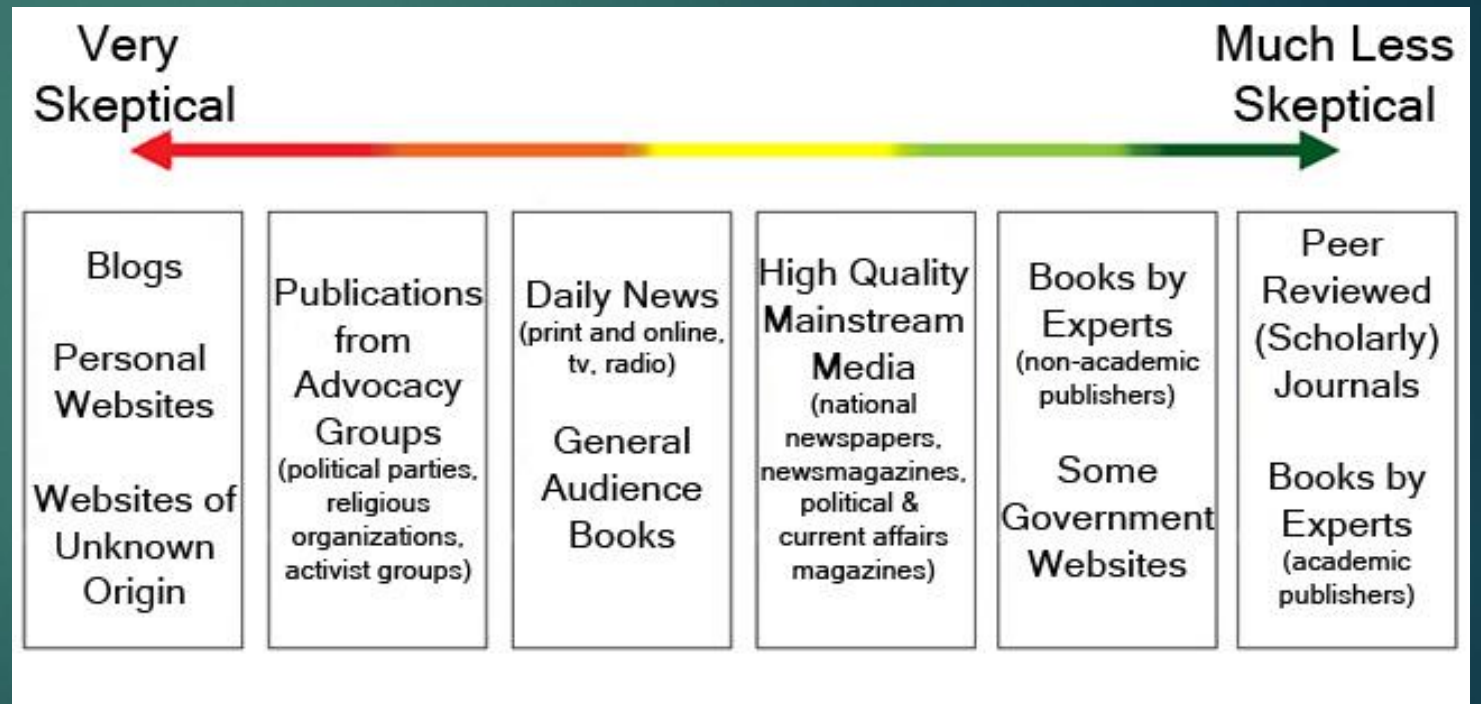
Where & how do we get our information?

- Word of mouth
- TV
- Print
 - Newspapers
 - Magazines
 - Journals
- Social media
 - Facebook
- Websites



How do we determine if it's credible?

- Purpose
 - Educational vs promotional
- Science-based evidence
- Who wrote or said it
 - Look for credentials RD, RDN, Ph.D
 - Are they an expert in that field?



How do we determine if it's credible?

- Be cautious
 - Health coaches, food freedom coaches
- Check the online source
 - .org
 - .edu
 - .gov
- Sponsors
- Funding
 - Bias

.com

Commercial Intent
Can be created by anyone

.org

Organization
Wide range of credibility

.edu

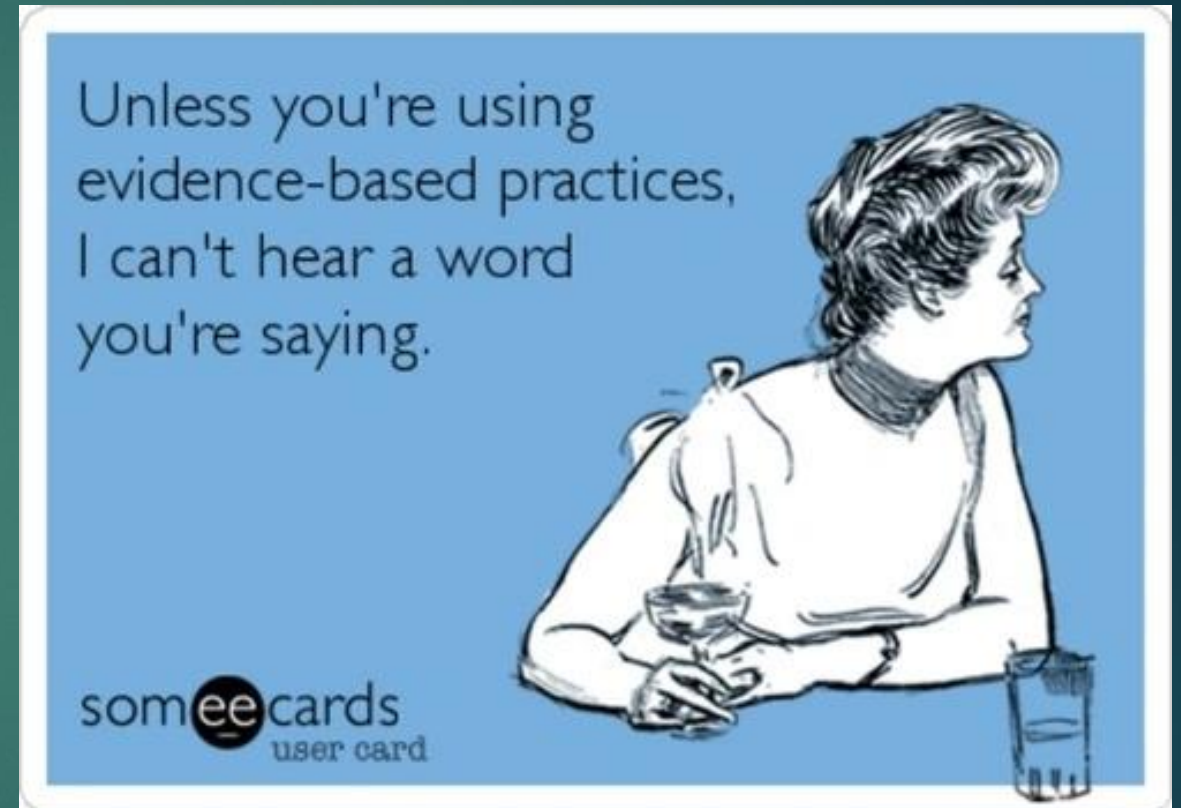
Educational Institution
Since 2001, must be U.S. institution of higher ed.

.gov

Government Entity
Restricted to US government sites. Federal, state, or local.

How do we determine if it's credible?

- Has it been published in the last 5 years?
- Does it sound too good to be true or does it contradict what you have previously learned at CWP?
- If you're still confused, ask a professional

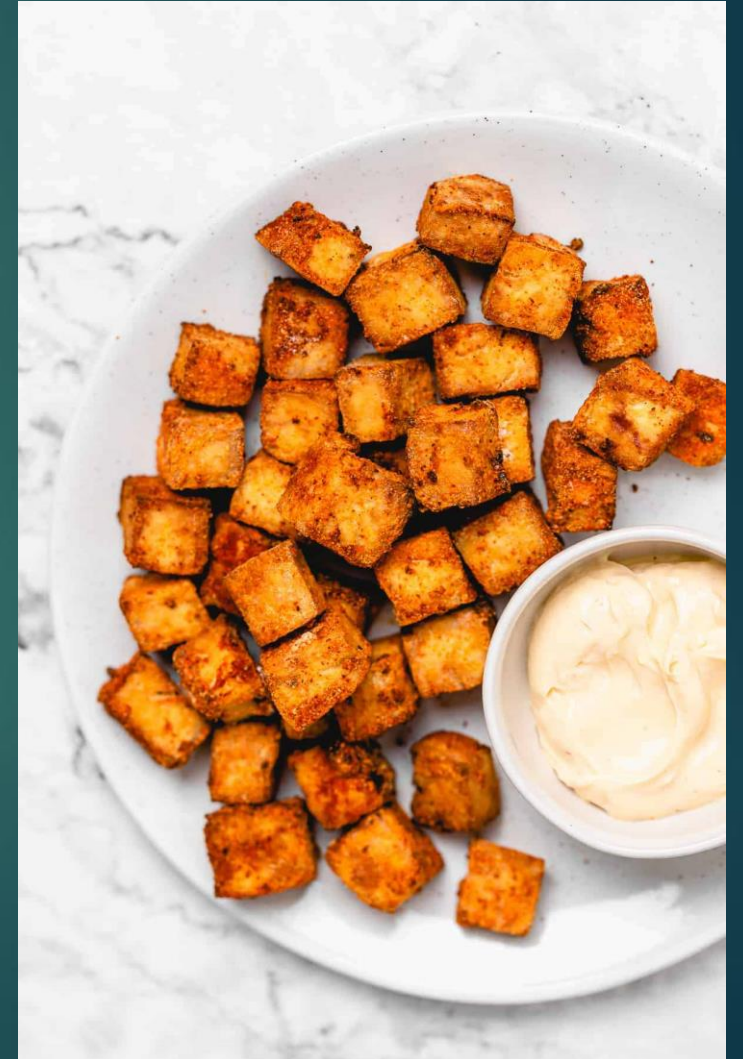


Let's Practice

- Saturated Fat article
 - <https://academic.oup.com/ajcn/article/102/3/573/4564305?login=true#110060104>
- Soy & breast cancer
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3192476/>
- Olive Oil article
 - http://dresselstyn.com/site/is_oil_healthy.pdf
- B12 article
 - <https://sci-hub.se/10.1021/jf990541b>
 - <https://veganhealth.org/vitamin-b12/vitamin-b12-analogues/>
- Diana Rodgers, RD
 - Featured on Joe Rogan podcast talking about B12 deficiency in vegans
 - <https://chriskresser.com/b12-deficiency-a-silent-epidemic-with-serious-consequences/>
 - <https://pubmed.ncbi.nlm.nih.gov/10552882/>

Air-fried tofu

- ▶ Link to the recipe
- ▶ <https://jessicainthekitchen.com/how-to-make-crispy-air-fryer-tofu/>



Handout



HOW TO DETERMINE CREDIBLE NUTRITION INFORMATION

WHO?

- Do they have credentials?
- Are they an expert in that field?



WHEN WAS IT PUBLISHED?

- Recent information should be published no more than 5 years ago



WHAT IS THEIR PURPOSE?

- Educational or promotional
- Should be citing and using evidence-based information



WHY?

- Does it sound too good to be true?
- Funding/sponsoring



WHERE IS THE SOURCE COMING FROM?

- .com (created by anyone)
- .org (organization)
- .edu (education)
- .gov (government)



If you still aren't sure, ask a professional



Places to look for credible nutrition information

- <https://www.eatright.org/>
- <https://www.myplate.gov/>
- <https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>
- <https://www.fns.usda.gov/usda-foods>
- <https://www.todaysdietitian.com/>
- <https://foodandnutrition.org/>
- <https://veganhealth.org/>



Academy of Nutrition
and Dietetics

