

Take the Fight out of Food!



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Food Fads: Ugh! How do I know which information to trust?



Aliya

This is Aliya. She has tried following online nutrition advice and what she's heard from friends on social media, but hasn't found it to be helpful. She is trying to find reliable online information about food and nutrition. She wants facts she can trust, so she tries the three-step approach:

Spot the problem.

Aliya says: "there is so much nutrition information online! How can I tell if something is a fad? I don't know what to believe."

Get the facts.

Aliya needs to separate food facts from fiction. She finds a resource on the Dietitians of Canada website to help her determine if the facts she reads online are accurate. She learns that she needs to read websites carefully and ask herself these questions:

- Is the website promising a quick fix or a miracle cure?
- Do I have reasons to mistrust the person, organization or company that runs the website?
- Are they trying to sell me something instead of educate me on how to make better food choices?



Dietitian Pro Tip

Shannon Crocker
MSc, RD

- Be careful if a product claims a long list of conditions it "cures." Nothing is a cure-all for everything.
- As a dietitian, words that raise a red flag and make me take a second look are detoxify, purify, cleanse and miracle.
- Investigate! Don't accept nutrition information online without checking who wrote it and if it's based on science.

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



Pork, Apple and Cabbage Barley Casserole



Avocado, Roasted Squash and Black Bean Tacos



Hearty Beef Minestrone



Broccoli Lentil Salad with Tumeric Yogurt Dressing

Find all 12 feature recipes at
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Food Fads

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Get the facts (cont'd).

- Are the website writers unqualified to be giving me nutrition information?
- Do they have facts that sound too good to be true?
- Does the information come from personal opinions rather than scientific evidence?
- Is the content missing reviews or verification by medical experts?
- Are the website claims based on a single study that may draw the wrong conclusion?

She answers “yes” to most of these questions, which means some of the facts she reads are not reliable.

Seek support.

Aliya learns that she should not trust everyone who has an opinion about food and nutrition. She will consult with a regulated health care professional, such as a physician or dietitian.

Armed with her new rules for evaluating websites, she finds these reliable websites:

- www.dietitians.ca
- www.eatrightontario.ca
- www.healthlinkbc.ca
- www.healthycanadians.gc.ca
- www.dietitians.ca/memberblogs

Since she still has questions, she finds a dietitian in her area at www.dietitians.ca/find.

Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

1. Spot the problem.

Define what's causing your fight with food first.

2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Find all 5 fact sheets at www.NutritionMonth2017.ca

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