



Is this true? Finding good nutrition information

Nutrition information you can trust:

- is from a professional source. Registered dietitians are the most trusted source of nutrition information.
- is based on scientific research and not on personal opinion or success stories. Video stars and celebrities are not nutrition experts!
- is up to date. If the information is from 5 years ago it may not be current.
- does not recommend or sell special products or supplements.
- encourages eating a variety of foods from all 4 food groups in Canada's Food Guide.

Reliable sources of nutrition information:

- **Registered dietitians (RD)** are recognized professionals in nutrition. They provide information that is based on scientific evidence.
- **Dietitians of Canada** website www.dietitians.ca
- **Health Canada** website www.healthycanadians.gc.ca
- **Eatright Ontario** website www.eatrightontario.ca
- **Some websites** ending with .edu or .gov

