

5 TOP TIPS FOR AVOIDING NUTRITION MISINFORMATION



Trust your inner sceptic - if it sounds too good to be true it probably is!

Read beyond the headline and if it doesn't sound right, then double check it by looking at if official sources such as the NHS give the same information.



Check the credibility of the source

Is the advice/author someone who is qualified in nutrition? For example they may be an expert in a different subject, but are they qualified to give nutrition advice? You can quickly check they are suitably qualified and regulated in nutrition by seeing if they have the post-nominals ANutr, RD or RNutr after their name



Eliminate advice from your inbox and newsfeeds that recommend to avoid foods or food groups

It is recommended to eat smaller amounts of foods that are high in calories but low in beneficial nutrients such as fibre and vitamins. However, unless you have a food allergy, evidence based advice won't recommend eliminating foods or food groups from your diet. We recommend eliminating this false information from your inbox/newsfeed!



No food or supplement can 'boost' your immune system or prevent Covid-19

Good nutrition can support the maintenance of your immune system, but any claims that a particular food or supplement will somehow boost your immune system or prevent Covid-19 are false, misleading and should not influence either your shopping or diet.



Nutrition and health professionals will not sell supplements

If a blog, post or article encourages you to buy a particular product bring out your inner sceptic and double check before you spend any money or give any personal information. Nutrition and health professionals will not sell supplements because their ethical standards require them to act in the interests of the public rather than for private gain. A page which links to the sale of a product may actually be a company's marketing page, so exercise caution!

Remember to be careful with what you share online and via WhatsApp, as things aren't always what they seem online. Protect yourself, your friends and family from the spread of misinformation by thinking about the points above and using the government's SHARE checklist before you like, retweet or share content to make sure you don't 'feed the beast'.