**Information sources**

There are a wide range of resources, advice and guidance about nutrition available to the public. How can you try and make sure the information you find is reliable? Think about the following points when researching and investigating food, diet and nutrition topics.

* Accuracy or scientific correctness.

Questions may include:

* + Is the information or health claim backed up by scientific evidence?
  + Are the credentials of the author listed?
  + Has anyone reviewed the information, for example, a qualified health professional or medical expert?
* The source – is the information unbiased?

When using the internet look at the ending of the website address, this will help you evaluate where the resource comes from. For example:

* + .org address are usually sponsored by not-for -profit organisations
  + .gov are usually by government agencies
  + .edu are sponsored by academic institutions

These websites do not usually contain advertising and access to the website is free.

* .com are usually private or commercially sponsored websites. Many will be marketing or selling a product or service.

These websites often provide nutrition information, it is therefore important to evaluate who provides the funding, whether the source of nutrition information is written or reviewed for scientific accuracy by an expert with appropriate credentials, or a scientific advisory board with experts in the field.

Some commercial sites may be more interested in selling product(s) or promoting their opinion than in providing accurate and unbiased information.

Checklist:

* Who is the author?
* What are his or her credentials?
* Is a credible sponsoring institution identified?
* What is the purpose of the information?
* Is the site biased, promoting or selling a particular product?
* Is the information based on scientific research or opinion?
* Is a date listed? How current is the information?
* Does the information have links to other sources of information?
* Are the facts documented with sound scientific references? Or is the information solely based on personal opinion?
* Are non-science based testimonials supporting the product, often from celebrities or highly satisfied customers, used?
* Is the information well-written in terms of grammar and spelling? What is the tone of the writing? Does it take a balanced approach?
* Are there regular updates and postings? Reliable websites should be regularly updated to reflect the most current nutrition information and advice available. However, being current does not necessarily mean it's accurate.

**Nutrition information**

Explain why it is important to find and use reliable, non-biased information and guidance about nutrition.

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