

# Credible Nutrition Information Checklist

Nutrition information can be false, inaccurate or misleading. Consider these factors when you read everyday sources of nutrition information to help determine if they are credible.

Name of website, social media page or resource:

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Check all that apply. The more boxes checked, the more likely the source has credible information. Refer to pages 5-8 in the [Finding Credible Nutrition Information Booklet](#) for more information.

- Author is a credentialed nutrition professional
- No personal testimonies are used
- Quality human research is referenced
- No promise of a miracle cure or quick fix
- No product marketing
- Nutrition advice encourages variety
- Content date is current or indicates recent review
- Includes links to other sources of reliable information



Helpful notes (e.g. “this website seemed credible but had a product ad on it”):

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**Photo credit:** Nekrashevich, A. Woman typing on a laptop [image on internet]. Pexels [cited 2025 Jan 17]. Available from: <https://www.pexels.com/photo/a-woman-typing-on-a-laptop-8993742/>