



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

NUTRITION EDUCATION

How Do You “Find the Truth” using the Web

Factual Nutrition Information



- Where do you look for answers when you have questions about food, nutrition or health?
- When discussing food, nutrition or health with family and friends; do you ever hear, “I read it on Facebook” or “I’ll look it up on the Internet. Can you be sure these sources are correct?”

How can we be sure that what we see and read on social media is true? Trusting and finding facts is not the same for today’s families. Before, we just had to look in Mom’s recipe box, medicine chest, or contact the trained and experienced medicine man, doctor, Extension or health professional.

Here is a checklist of questions for you to ask when searching nutrition and health information.

- ✓ Is the author supporting fact or their personal opinion?
- ✓ What are the credentials or handed-down respected knowledge of the author?

- ✓ Is the author sponsored by trusted people or an institution and that identified in the social media comments?
- ✓ What is the purpose of the information (does someone want to make money)?
- ✓ Is the site promoting or selling a particular product that cures a medical condition by itself? This is suspicious.
- ✓ Is the information based on scientific research or is it based on gossip and pieces of information?
- ✓ Is a date listed? How current is the information?
- ✓ Does the information have links to other sources of information? (This sometimes provides a clue to reliability, but not always. Anyone can link to another organization’s website.)
- ✓ Are the facts documented with sound scientific references and peer reviewed research? Or is the information solely based on testimonials from others (which are probably part of the same pyramid or money making scam)?
- ✓ Can you find within the link or report that an editorial board oversees the content?
- ✓ Is the information well-written in terms of grammar and spelling? What is the tone non-threatening or accusatory? Does it take a balanced approach?

According to the “Clicks & Cravings” nationwide phone survey by the Hartman Group, about 50 percent of consumers use Twitter and Facebook to learn about food, and another 40 percent use blogs, apps and websites. Keep in mind that their research was done in 2012, so the numbers probably are greater today.

RESOURCES:

1. Academy of Nutrition and Dietetics: www.eatright.org
2. NDSU Extension: “Finding the Truth” link on Nourishing Boomer <http://www.ag.ndsu.edu/nourishyour-mind-and-body-with-accurate-nutrition-and-health-information>
3. United Tribes Technical College Extension: <http://uttc.edu/landgrant/resources>