

# Getting Nutrition Advice for Your Family

## Advice You Can Trust

Smart nutrition advice is based on good science.

- Comes from reliable sources:
  - Public health agencies
  - Hospital or health clinic
  - Government sources
  - Universities
  - Qualified nutrition experts, such as a registered dietitian (RD) or an Extension agent (EFNEP)
- Offers nutrition advice as part of an overall healthful way of eating.
- Applies to your child, your family, or you – not people whose age or health condition differ.
- Tells about scientific studies that back up any advice. You need to learn what nutrition experts say about nutrition news before you follow the advice or change your family's food choices.

Does it seem like nutrition is always in the news? How do you know if you can trust what you read or hear?



## Top Sources of Nutrition Advice

### Government resources

- State or county Extension Agents:  
Phone # \_\_\_\_\_
- All government web sites:  
<http://www.nutrition.gov>

### Nutrition organization

- The American Dietetic Association  
Phone: 1-800-877-1600  
Web site: <http://www.eatright.org>

### Great resources in your community!

- WIC Office \_\_\_\_\_
- Extension agent \_\_\_\_\_
- Your health care provider \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Try this:

Find out where you can get smart advice about healthful eating. Write down the names and phone numbers.

Provided by \_\_\_\_\_

# Getting Nutrition Advice for Your Family

**You know about feeding your family. And there's more to learn!**

**Get smart, sensible nutrition advice from experts. Your family's health depends on it.**



## **Warning Signs!**

Beware of nutrition advice that:

- Promises quick, easy benefits.
- Sounds too easy or too good to be true.
- Uses words like “secret,” “magical,” or “miracle.”
- Appeals to your emotion.
- Describes foods as “good” or “bad.”
- Tries to scare you.
- Offers advice from people who really aren't experts.
- Tries to sell something.
- Ignores advice from qualified nutrition experts.
- Gives advice from just one study.
- Places attention on just one food or type of food.