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Tips to Avoid Dubious Nutrition Information Online

➤ USE REPUTABLE WEBSITES

.gov, .edu, .org

Google Scholar

Examine.com

Sciencebasedmedicine.org

Cdc.gov/nccdphp/dnpao

Medlineplus.gov/nutrition (NIH)

Nutrition.org

Mayoclinic.org

Eatright.org

➤ KNOW THE EXPERTS

RD - Registered Dietitian

LD - Licensed Dietitian (except in CA, CO and VA)

RDN - Registered Dietitian

CNS - Certified Nutrition Specialist

➤ BEWARE OF BOGUS CREDENTIALS

(Is the degree/certification from an accredited institution?)

CN - Certified Nutritionist

CNC - Certified Nutrition Consultant

CCN - Certified Clinical Nutritionist

Nutritional Therapy Practitioner

CDNM - Certified Doctor of Natural Medicine

➤ WATCH OUT FOR

One treatment cures all

Testimonials and anecdotes

No scientific studies provided

"Only sold online"

Asking for money for a product

