

Sorting Imposters from the Real Nutrition Experts



NUTR207 2020 Module 1

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There is lots of information out there....

— *running on* —
REAL FOOD
EAT • LIVE • THRIVE

ABOUT

ARTICLES

Dive into the wealth of nutrition, wellness and vegan resource articles here at Running on Real Food. We'll cover everything from sleep, to exercise, to how to get started with plant-based eating and so much more.

NARROW YOUR SEARCH:

NUTRITION

VEGAN MACROS

VEGAN RESOURCES

WELLNESS

The image shows two overlapping website screenshots. The top screenshot is for 'FOOD BABE' by Vani Hari. It features a navigation bar with links: HOME, START HERE, ABOUT, SPEAKING, BLOG, RECIPES, SHOP, LOGIN, and a search icon. The main header has 'FOOD BABE' in large black letters, followed by the tagline 'HOT ON THE TRAIL TO INVESTIGATE WHAT'S REALLY IN YOUR FOOD!' and the name 'Vani Hari' in pink. A photo of Vani Hari holding a magnifying glass over a food label is on the right. The bottom screenshot is for 'fit foodie FINDS'. It has a navigation bar with links: RECIPES, WELLNESS, LIFESTYLE, SHOP, and a search bar labeled 'search recipes...'. Below the navigation bar, there are four featured food items with labels: 'Grilling' (a plate of falafel), 'Cocktails' (a red cocktail with an orange slice), 'Healthy Desserts' (a bowl of oatmeal with fruit and yogurt), and 'Smoothies' (a smoothie in a glass with fruit). A trending banner at the top right of the bottom website says 'TRENDING: OVERNIGHT OATS - 8 WAYS'.

FOOD BABE
Vani Hari

HOME START HERE ABOUT SPEAKING BLOG RECIPES SHOP LOGIN

FOOD BABE
HOT ON THE TRAIL TO INVESTIGATE WHAT'S REALLY IN YOUR FOOD!
Vani Hari

Stay Updated! Subscribe To Receive Our Latest Recipes → About Contact TRENDING: OVERNIGHT OATS - 8 WAYS

fit foodie
FINDS

RECIPES WELLNESS LIFESTYLE SHOP search recipes...

Grilling Cocktails Healthy Desserts Smoothies

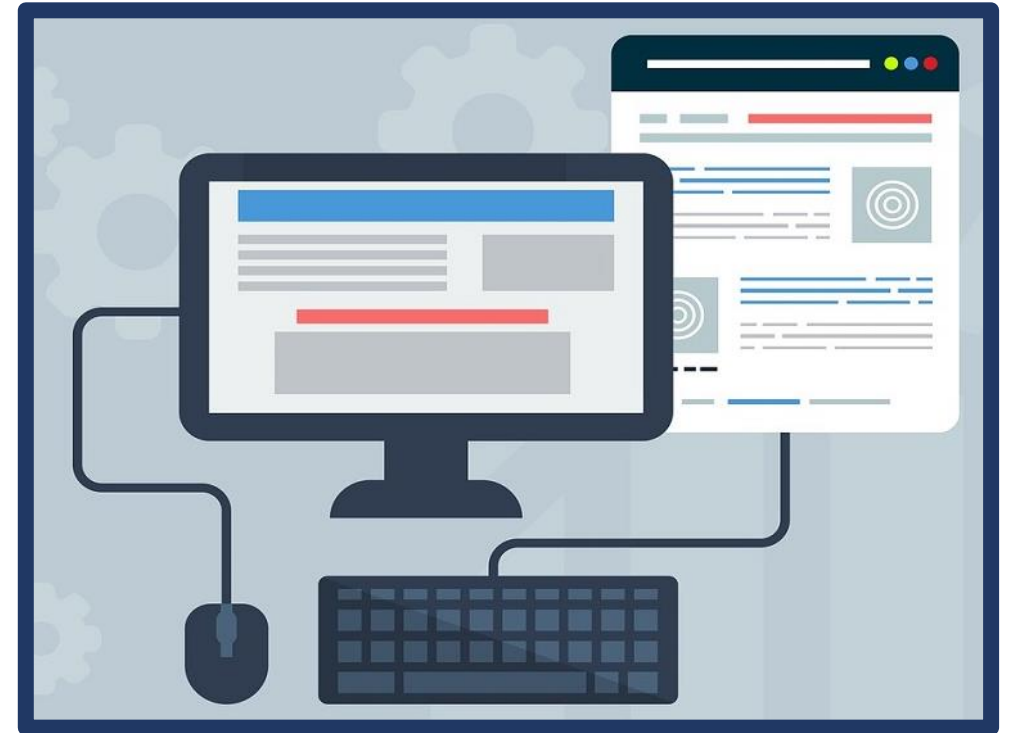
Sorting the Imposters from the Real Nutrition Experts

- Research shows people rely on nutrition information from:
 - Television
 - Magazines
 - Internet
- Nutrition and other health fraud brings in \$27 billion annually
- Consumers must first learn to recognize this fraud wherever it presents itself

How to recognize reliable nutrition information?

Websites

- Credible websites include those ending in:
 - a) .edu → educational institution
 - b) .gov → government agency
 - c) .org → non-profit
- Websites ending in .com (commercial) or .net (network) should be carefully analyzed for credibility



How to recognize reliable nutrition information?

Author Credentials

- Evaluate the credentials of the author(s)
- Author(s) should possess education in the field of nutrition/dietetics
- Author(s) should be a registered professional, indicated by
 - a) RD Registered Dietitian (US: also RDN)
 - b) PDt/DtP diététiste in QC
 - c) LD Licensed Dietitian in US
 - d) DTR Diet Technician Registered in US
- Credentials may also be located at the *'About Us'* portion of a website



What is a Dietitian?

- “A dietitian (RD or PDt) is a regulated health professional who is passionate about the potential of food to enhance lives and improve health. Dietitians translate the science of nutrition into terms you can understand, without fads or gimmicks. They collaborate with you to embrace food, to understand it, and to enjoy it.”
- “Dietitians have a degree in foods and nutrition from an accredited university program and undergo comprehensive and rigorous training, both on the job and in universities. Just like all regulated health professionals, dietitians are committed and required to stay on top of emerging research, skills, and techniques.”

<https://www.unlockfood.ca/en/Articles/What-is-a-Dietitian.aspx?aliaspath=%2fen%2fArticles%2fWhat-is-a-Registered-Dietitian>

How to recognize reliable nutrition information?

Author Credentials

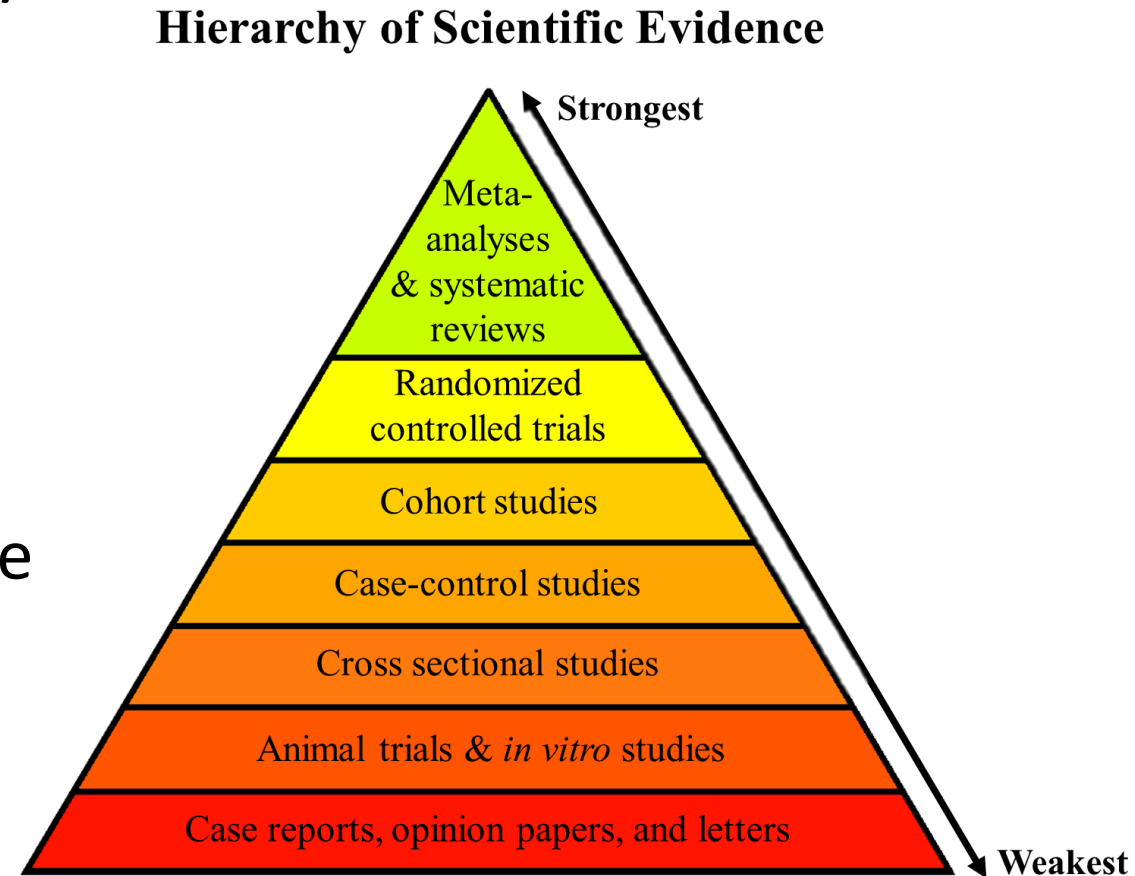
- In some areas, both nutritionist and dietitian are protected terms, meaning only individuals with proper credentials can use these terms
- However, in some areas, the term nutritionist is **not** protected and therefore **any individual** can call themselves a nutritionist
- Note: In Canada, both dietitian and nutritionist are only protected in Quebec, Alberta and Nova Scotia
- US: RDN= Registered Dietitian Nutritionist



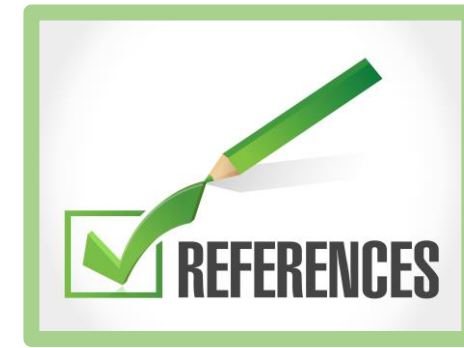
How to recognize reliable nutrition information?

Study Type and Multiple Studies

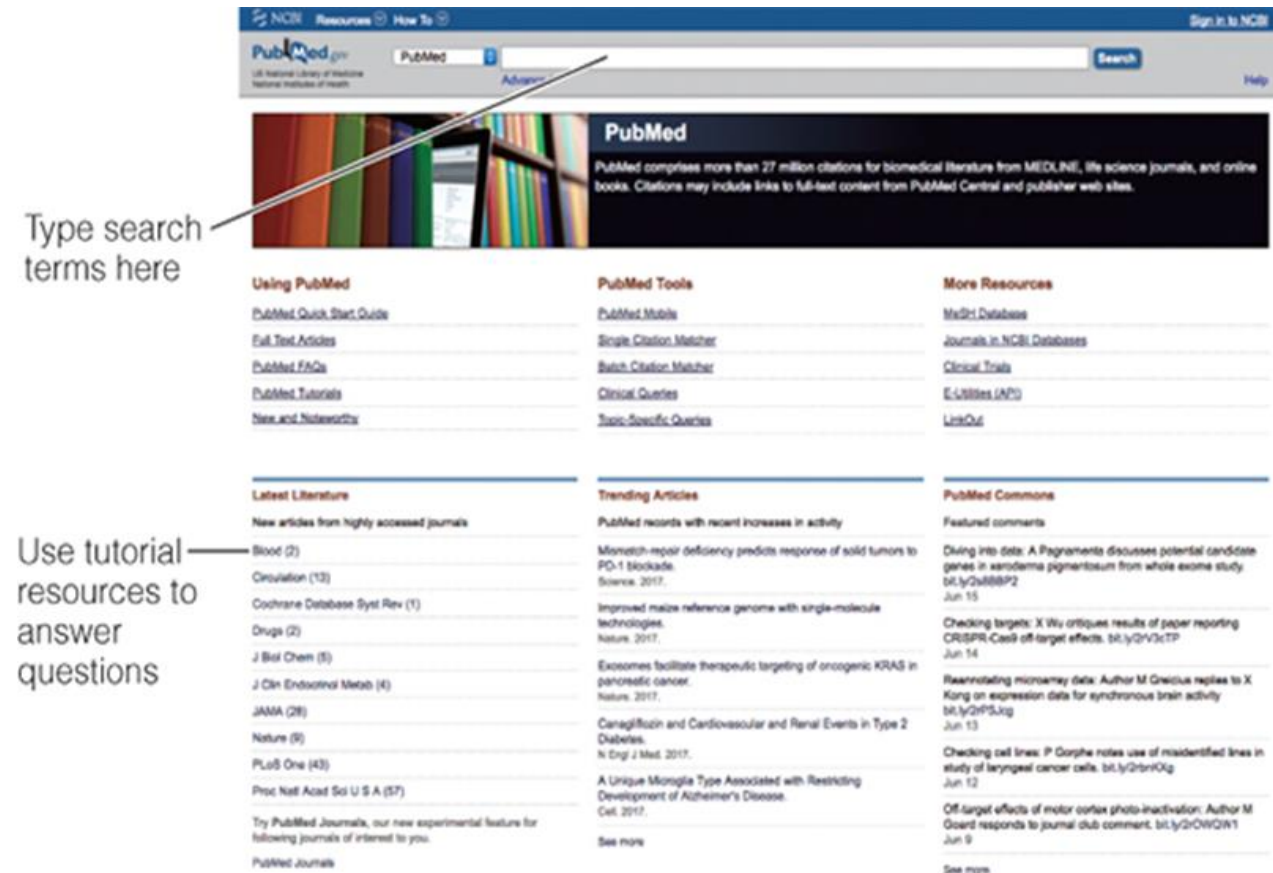
- When possible, evaluate the type of study performed that led to the nutrition-related conclusion
 - Lower levels of evidence do **not** provide as strong conclusions
 - Causality can **only** be determined through randomized control trials
 - **Human studies** are essential!
- Investigate if the article mentions multiple studies with the same result rather than simply referencing one single study
 - *One study alone is **not** sufficient for a nutrition recommendation*



How to recognize reliable nutrition information?



- Ensure the information provided is referenced with credible sources
- Caution with articles that provide nutrition information without any references



Consumer Corner: Reading Nutrition News with an Educated Eye

The study:
Published in a peer-reviewed journal

The news report:
State the purpose of study and the research methods

The report:
Clearly define subjects of the study

Valid reports:
Describe previous research and put current research into context

Ask yourself:
Does the study make common sense?

How to recognize reliable nutrition information?

1. Website

- ✓ .edu, .gov or .org are credible
- ✓ Caution with .com and .net

2. Author credentials

- ✓ Look for registered professionals

3. Study

- ✓ Check type of study and corresponding strength of evidence
- ✓ Investigate the number of studies with similar result

4. References

- ✓ References cited



Red Flags of Nutrition Quackery



Can eating superfoods prevent COVID 19?

Can I boost my immune system through my diet?

- Unfortunately, eating foods or taking supplements will not help prevent COVID 19 or boost your immune system. There is no evidence any of these strategies will supercharge immunity.
- At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19
- So follow what the Canadian Government is suggesting:
 - Wash your hands
 - Social distancing, stay home....
 - Get enough sleep
 - Eat a balanced diet (CFG) and stay hydrated
 - Be active and manage stress...
- **Its illegal to sell unauthorized products promising to prevent or cure COVID 19**

https://www.washingtonpost.com/lifestyle/wellness/immune-boost-coronavirus/2020/03/05/e111554a-5e73-11ea-b014-4fafa866bb81_story.html

<https://www.dietitians.ca/covid19>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Check out these sites for credible evidenced based info:

- Dietitians of Canada: www.unlockfood.ca/
- Health Canada: www.canada.ca/en/health-canada/services/food-nutrition.html
- Textbook and additional reference list:
https://www.cengage.com/resource_uploads/downloads/0176892869_646087.pdf
- In French: Health Canada and Dietitians of Canada have bilingual sites and check out:
 - www.passeportsante.net/
 - www.unlockfood.ca/fr/