

Navigating Nutrition Noise in the New Year



Center for Community Health & Prevention



Consider...



The source of the content. Is there reputable research to support it, and is that research cited?
(look for a PMID number)



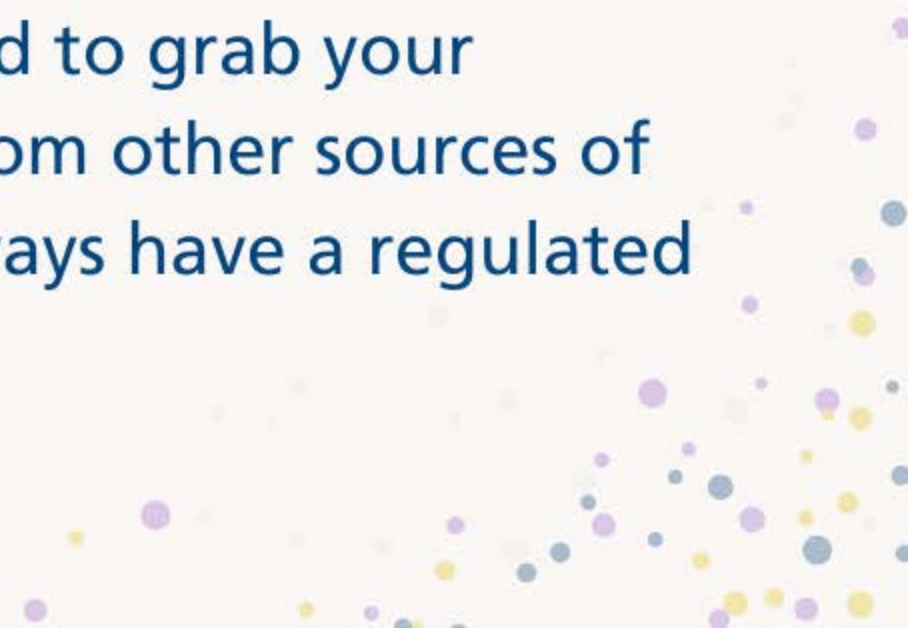
We limit ourselves with black and white, all or nothing mindsets. There's often room for nuance and grey area with healthful nutrition!



It's rarely ever about one thing – one food, one ingredient. So many factors play into our health outcomes.




Often, **buzz words** are used to grab your attention and stand out from other sources of information, but don't always have a regulated or significant meaning.




Ask Yourself...



What are my personal health and nutrition goals and values? What does health/healthy mean to me?



What is the objective of this company or person creating the content? Are they selling something?



Does this content or recommendation consider social determinants of health, such as living environment, budget, time constraints, and access to food?