

NUTRITION **RED FLAGS** ON INSTAGRAM

How to Spot Unreliable Advice



PUT ON YOUR DETECTIVE HAT AND WATCH FOR THE FOLLOWING SIGNS:

SPONSORSHIP



Hashtags like #ad and #sponsored mean that the person was paid to promote that item or company. They may not have your best interests at heart.

NUTRITION BUZZ WORDS

Buzz words and phrases such as "detox," "superfood," "all-natural," and "clean-eating" are used to grab your attention while scrolling. These terms do **not** guarantee that the account is reliable.



EXTREME ADVICE



Be wary of advice that cuts out entire food groups, promotes fad diets, or promises a quick-fix for weight loss. If it sounds too good to be true, it probably is.

NO PROFESSIONAL CREDENTIALS

Look at the credentials of the account owner. The term "nutritionist" is not regulated, whereas a Registered Dietitian (RD/RDN) is a credentialed nutrition expert with specialized education and training.



PERSONAL STORIES



Personal success stories are designed to market and sell. They are not the same as scientific research, so there is no guarantee the product will work on you in the same way.