



# 5 Credible Sources of Nutrition Information





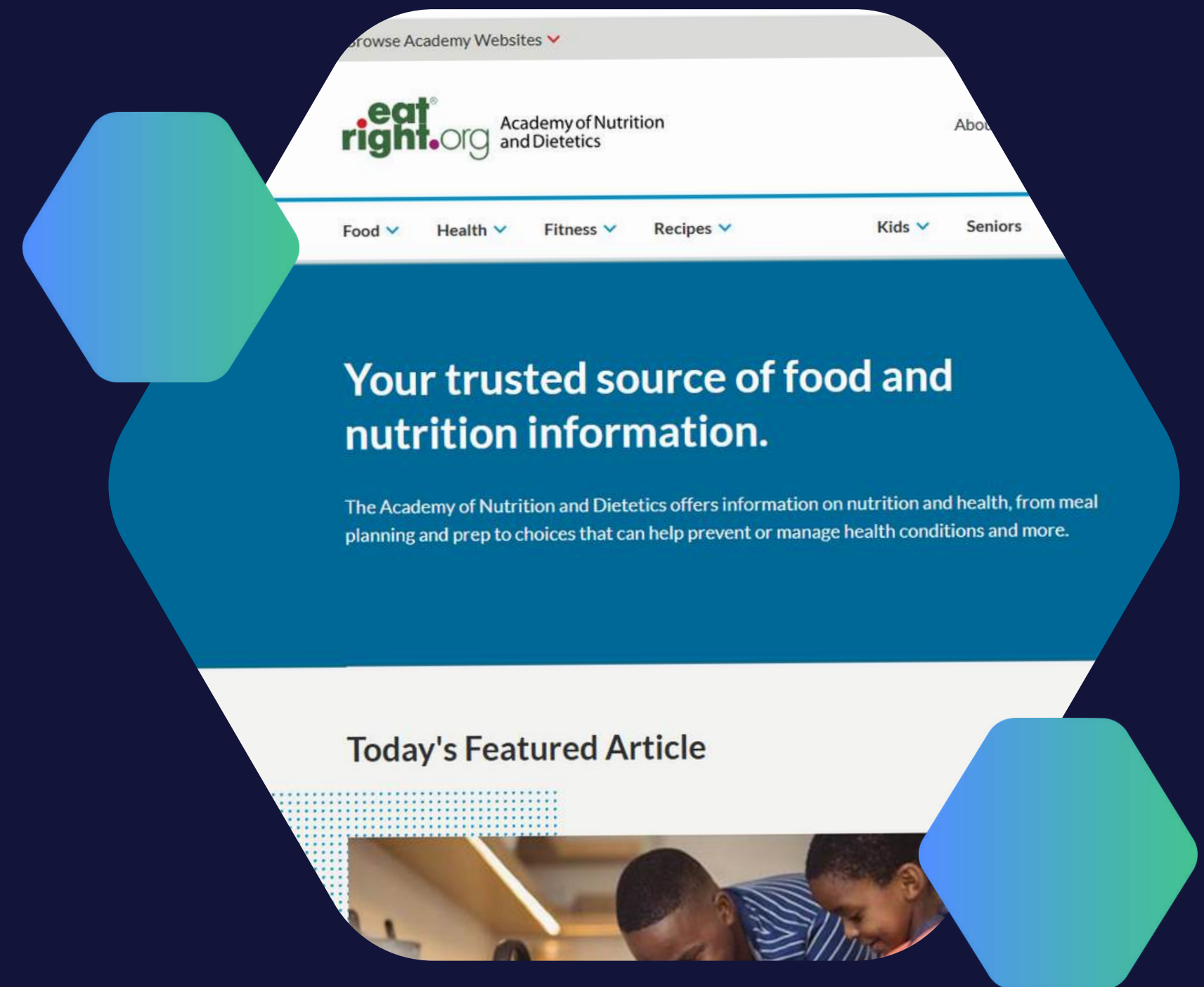
# Academy of Nutrition & Dietetics

eatright.org

Accrediting organization for Registered Dietitian Nutritionists (RDNs) – includes information on education and expertise of RDNs and directory to find a nutrition expert

Offers education written by RDNs on topics including:

- Basic nutrition for food groups & essential nutrients
- Tips for food planning, preparation, safety, recipes, and cultural considerations
- Nutrition for general wellness and certain health conditions
- Physical activity and fitness





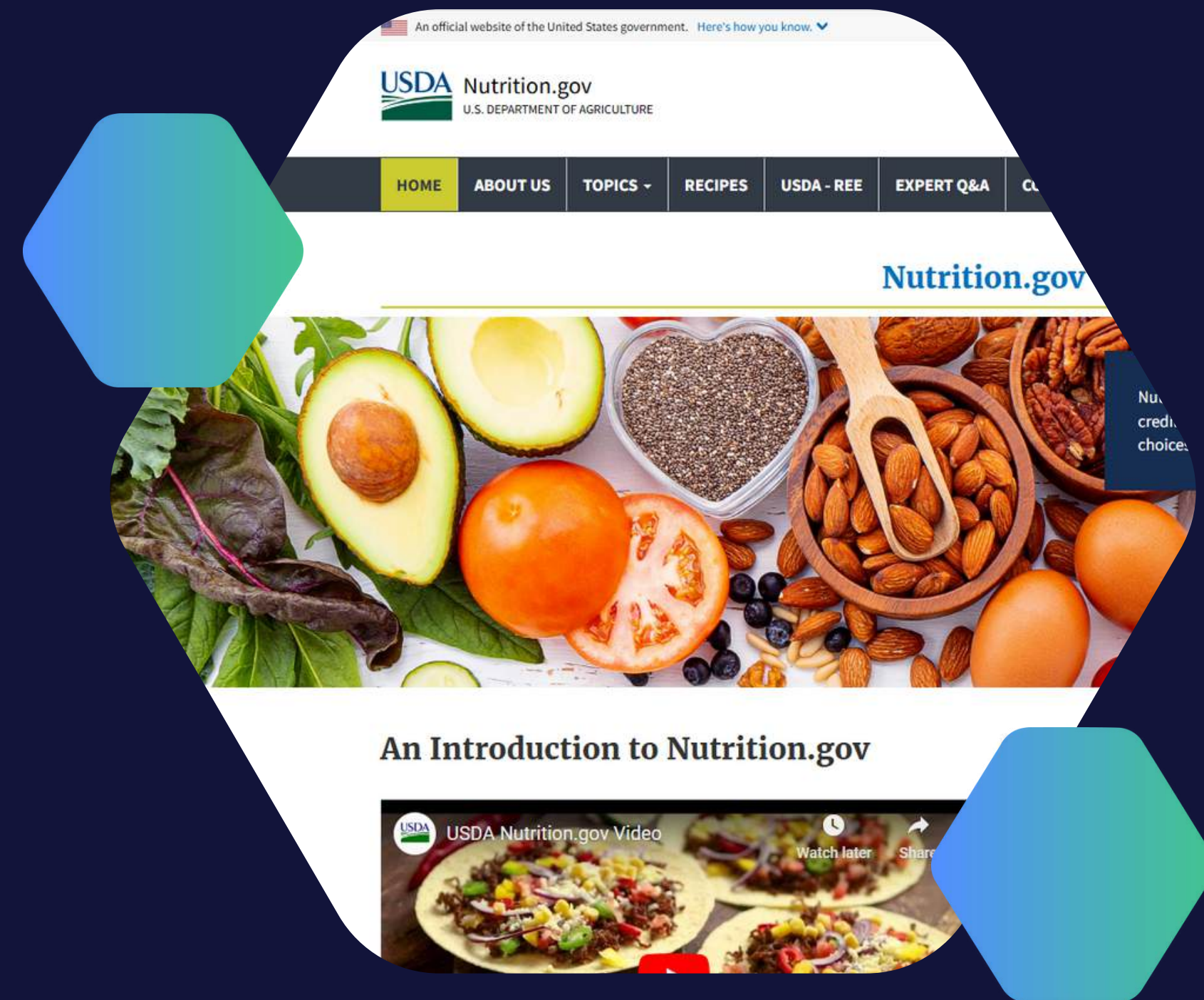
# U.S. Department of Agriculture (USDA)

Nutrition.gov

Education content regularly created, reviewed, and updated by RDNs and other food and nutrition science experts within USDA, the U.S. Department of Health and Human Services (HHS), the Food and Nutrition Information Center (FNIC), and Agricultural Research Service (ARS).

Education on topics that align with USDA priorities and goals, including:

- Basic nutrition and recipe ideas
- Nutrition for various health conditions, life stages, and cultures
- Food safety, security, and access
- Exercise & fitness



# National Library of Medicine (NLM)

MedlinePlus.gov

Provided by the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

High-quality, trusted, and relevant health & wellness information that is easy to understand and free of advertising, in both English & Spanish.

Resources include:

- Education on various health topics
- An encyclopedia for medical terms and information on medical tests, drugs, & supplements
- Healthy recipe ideas





# Dietary Guidelines for Americans (DGA)

dietaryguidelines.gov

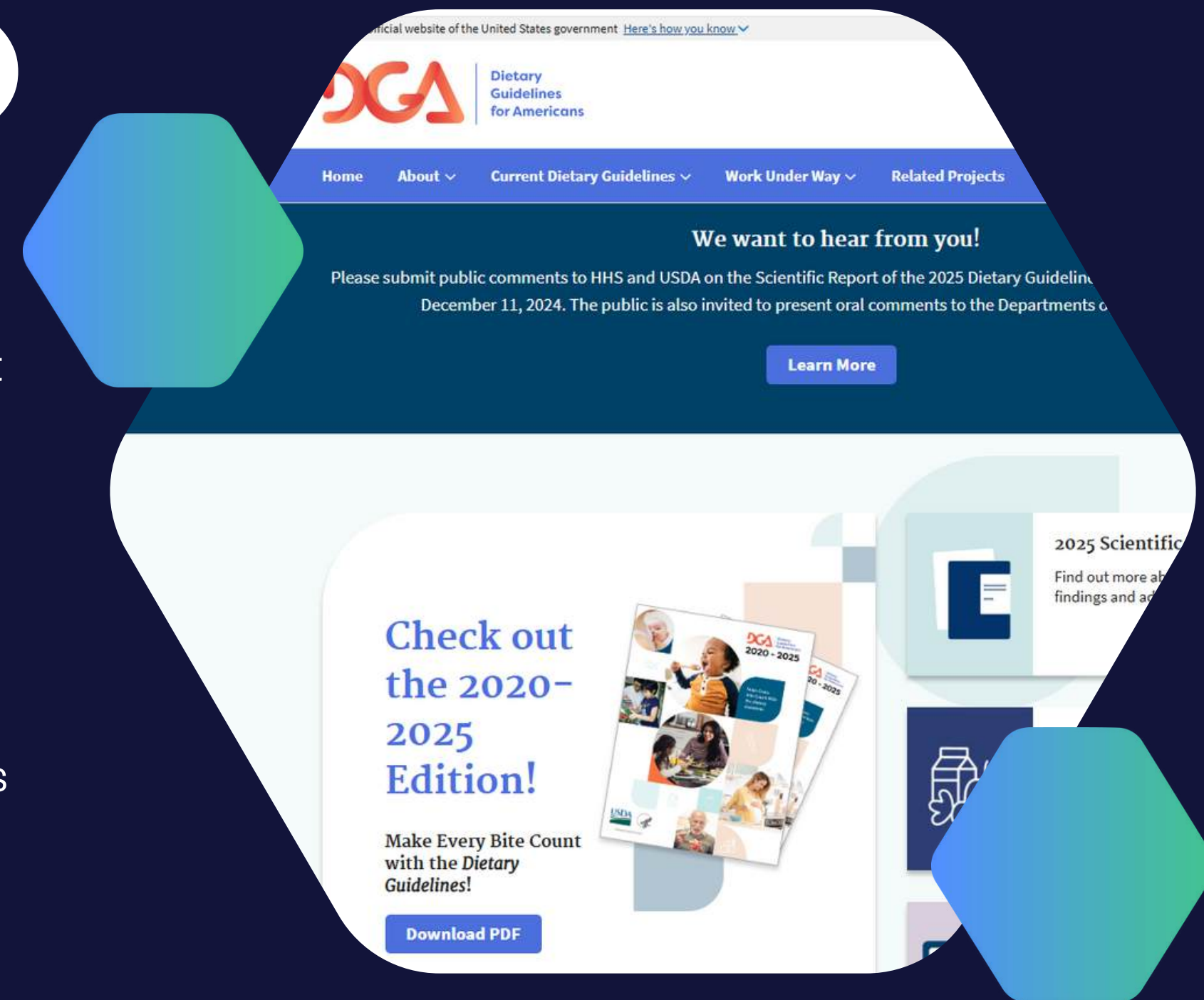
Provides science-based advice on what to eat and drink to meet nutrient needs, promote health, and prevent disease.

The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) review the current body of nutrition science to inform the update and release a new version of the DGAs every five years.

DGA recommendations are used to develop, implement, & evaluate federal food, nutrition, and health policies and programs as well as public education.

Guidelines include how to:

- Follow a healthy diet at every life stage
- Customize diets according to preferences, culture, & budget
- Focus on meeting food group, nutrient, and calorie recommendations while also being mindful to limit added sugars, saturated fat, sodium, and alcohol



# International Food Information Council (IFIC)

foodinsight.org

IFIC is a nonprofit organization focused on consumer research & education with the goal of using experts to communicate science-based information about nutrition, food safety, & food systems.

Includes:

- Education resources on a variety of topics based on peer-reviewed science summaries and authoritative bodies reports, including USDA, the U.S Food and Drug Administration (FDA), the National Academies of Sciences, Engineering, and Medicine (NASEM), the European Food Safety Authority (EFSA) and others.
- Unique research focused on consumers' attitudes and behaviors related to nutrition and health.



# Bonus Source: **Empowered Education**



[pepsicoempowerededu.com](https://pepsicoempowerededu.com)

Resource from PepsiCo's Health and Nutrition Sciences team focused on providing educational materials developed by Registered Dietitian Nutritionists (RDNs) for use by certified personal trainers (CPTs) and other fitness professionals.

Includes evidence-based infographics, social graphics, presentation decks, and webinars on relevant health and nutrition topics, including:

- Nutrition basics
- Dietary habits
- Ingredients and claims
- Modern meal time
- Science communication



[www.pepsicoempowerededu.com](https://www.pepsicoempowerededu.com)