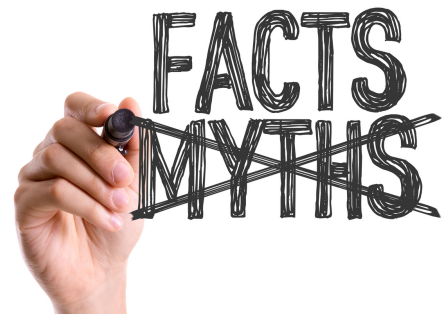


Nutrition Month 2021

WEEK 4: HOW TO IDENTIFY NUTRITION MISINFORMATION/ MYTH BUSTING



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WHERE DO YOU GET YOUR NUTRITION INFORMATION?

Nutrition information can be available all across social media, word of mouth, and passed down from family to family. However, it is very important to note where your information is coming from. It is also important to note the context of the information.

WHO YOU CAN TRUST

Although there are many people who are on the right track when they give nutrition information, it is important to check sources and know who to trust. The people who are the best equipped in translating nutrition information are Registered Dietitians. If you are unable to reach or utilize an RD the next best is to read reputable resources such as eatwellsask.usask.ca, dietitians.ca or unlockfood.ca. You may also search the internet to find blogs, social medias, and podcasts from RD's.

FAD OR FACT?

There are many resources created by Registered Dietitians that 'bust' nutrition myths, here are a few:

<https://www.thevitalbeat.ca/news/busting-nutrition-myths/>

<https://www.heartandstroke.ca/articles/nutrition-myths-busted>

<https://www.prevention.com/weight-loss/a20496676/nutrition-myths/>

<https://cuttothechasenutrition.com/7-nutrition-myths-these-dietitians-are-busting/>

ACTIVITY

Here is a link to a survey in completing the survey you will be entered into one of our 25\$ gift card draws

https://docs.google.com/forms/d/e/1FAIpQLSd04jo1xPwLiQ9W9bqLtC1jPV-VSDqmDKFoSVArZ_AWCJZ8RA/viewform?usp=sf_link

DID YOU KNOW?

Services of a Registered Dietitian may be covered by your insurance

Check out this link to see what services you are covered for:

<https://wellness.usask.ca/benefits/plans.php>