

Finding facts you can trust

Nutrition myths spread fast, especially on social media. Knowing what's true helps you fuel your body with the nutrients it needs. Let's explore where you look for information and how to know what is reliable.



Your turn...



You read a nutrition post on instagram – how do you know if it's true?

A friend sends you an article about a 'new healthy snack' – what would make you trust this?



You want a recipe for tonight's dinner – where could you go to look?

You read online that a smoothie will make you lose weight – how can you tell if this is reliable?

