

Finding facts you can trust

Nutrition myths spread fast, especially on social media! This guide helps you find reliable information so you can feel confident about what you're reading. Good food choices matter, and knowing what's true helps you to fuel your body with the nutrition it needs.

How to judge if information is reliable?

Who was the source created by?

You can trust sources from government, health services and qualified dietitians. Official logos and websites ending in gov, edu or .org are clues that you are in the right spot.

What does the language suggest?

Be cautious of wording that tries to sell you something. Watch for promises of a quick fix or claims that one food can solve a health problem.

Is the information current?

Take a quick look at the publication or review date. It's an easy way to make sure that the information you read is based on the latest research.

Does the source restrict food groups?

If you're told to avoid entire food groups like grains, dairy or fruit, treat this as a red flag. Balanced healthy eating includes all five food groups.

Be aware of:

- Social media trends and diet advice from individuals without qualifications.
- Sources promoting new diets, fat-burning foods, or "miracle" supplements.
- Information that does not include an author or supporting research.

Reliable sources of nutrition information:

Government and health organisations:

- [Healthy Eating Active Living - NSW Health](#)
- [Eat for Health](#) (Australian Government)
- [Health Direct](#)
- [National Nutrition Foundation](#)
- [Heart Foundation](#)
- [Australian Indigenous Health Info Net](#)
- [Dietitian's Australia](#)
- [Nutrition Australia](#)
- [Baker Heart & Diabetes Institute](#)
- [Munch and Move](#)
- [Growing Healthy Kids](#)
- [Love Food Hate Waste](#)
- [Food Standards Australia New Zealand](#)

Additional helpful sources:

- Recipes: [One-handed cooks](#)
- Tips and tricks: [No Money No Time](#)