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Reliable nutrition information

Photo by Agence Olloweb on Unsplash

Amelia B Finaret, Honorary Lecturer

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Myths

- All nutrition science is too flawed to matter
- All nutrition professionals are untrustworthy
- All nutrition professionals are bought by industry and private companies



Photo by [Elevate](#) on [Unsplash](#)



Registered dietitians and registered nutritionists



Onwuka Glory, [CC BY-SA 4.0](#) via
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The Association for Nutrition (UK)



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Search our register

Find a Nutritionist

Surname

Registration number

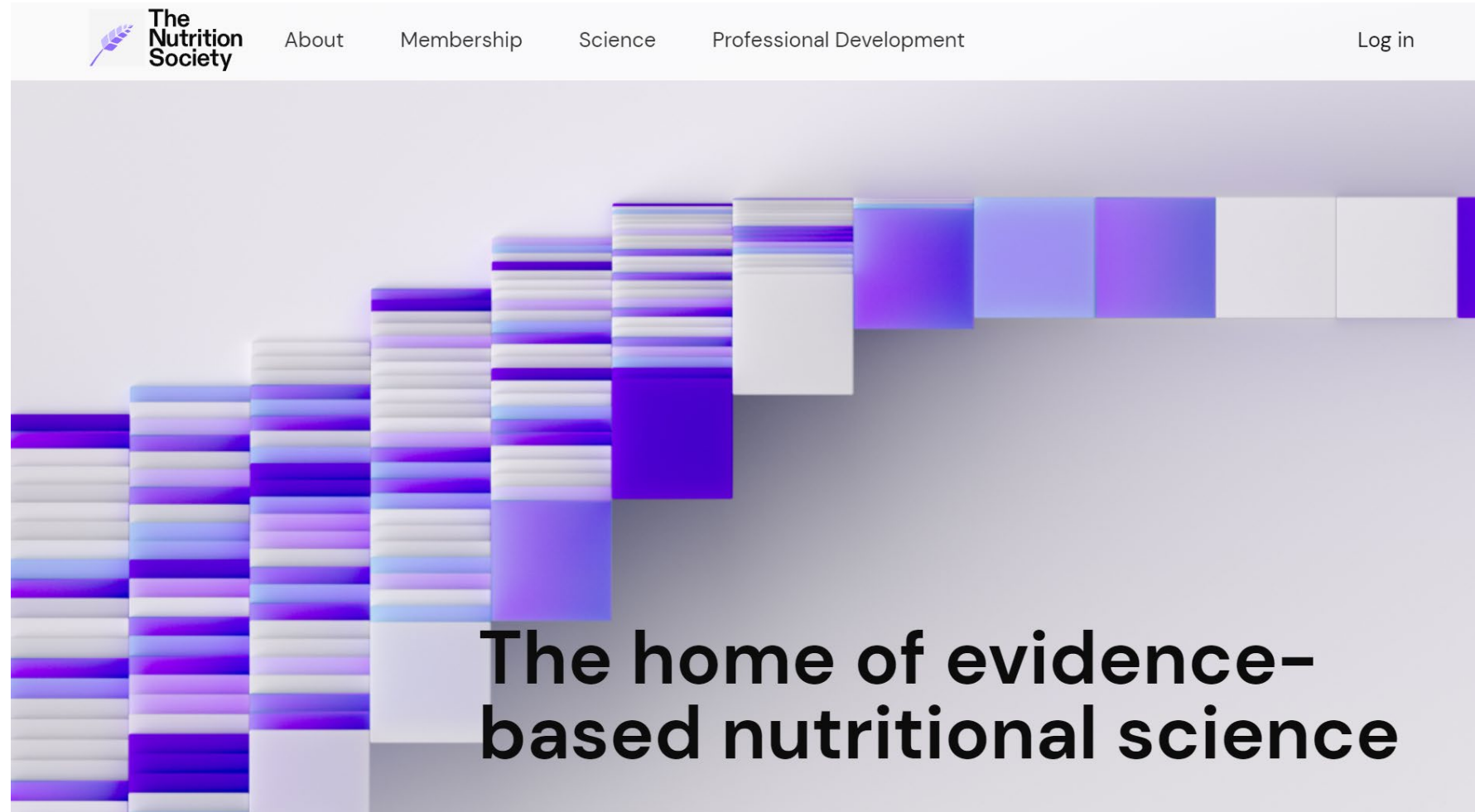
Search

A banner image featuring a woman wearing safety glasses in a laboratory setting. The text 'Search our register' is overlaid in large white font. Below the text is a search form with a 'Find a Nutritionist' label, two input fields for 'Surname' and 'Registration number', and a green 'Search' button.

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The Nutrition Society - UK



The World Health Organization (WHO) - NFS

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Nutrition and Food Safety

The Nutrition and Food Safety (NFS) Department is addressing the burden of disease from physical, chemical and microbial hazards in food and unhealthy diets, maternal and child malnutrition, overweight and obesity.



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The Ministry of Health



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Guidance

Healthy eating: applying All Our Health

Published 10 January 2023



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The United States Department of Agriculture (USDA) - USA

 An official website of the United States government [Here's how you know](#) ✓



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diets

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British Nutrition Foundation

Connecting people, food and science, for better nutrition and healthier lives. We work with experts across the nutrition and food community to provide impartial, evidence-based information, education and expertise, motivating people to adopt healthy, sustainable diets – for life.



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The American Society for Nutrition - USA



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School-based nutrition



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The Nutrition Source – Harvard University

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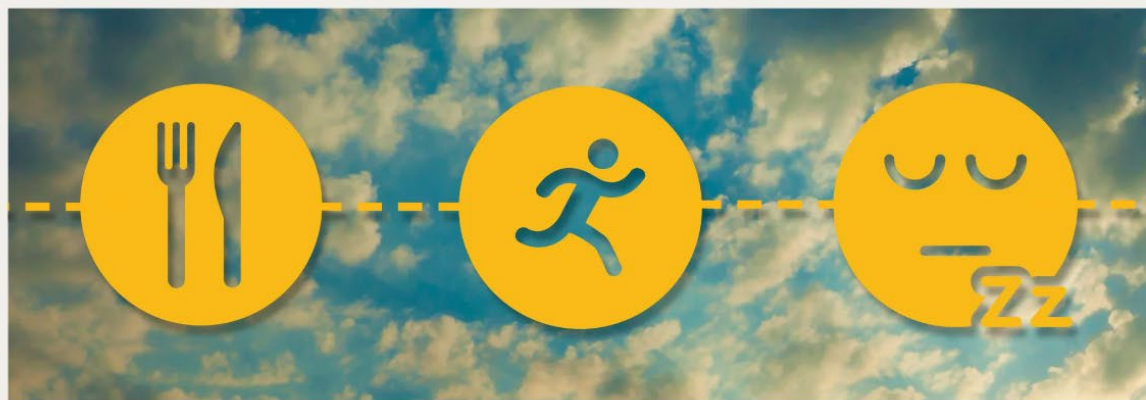
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Healthy Living Guide 2022/2023

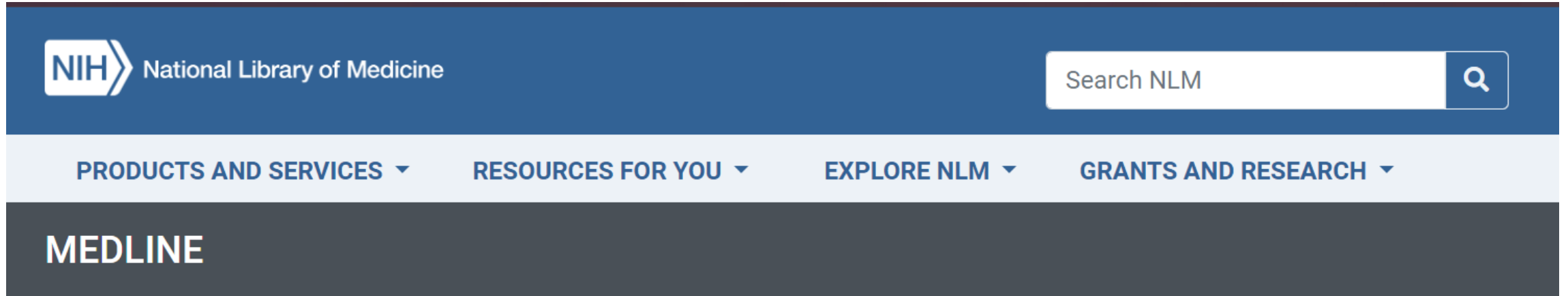
Explore the downloadable guide with tips and strategies for healthy eating and healthy living.



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MEDLINE for journal articles



The screenshot shows the top navigation bar of the NIH National Library of Medicine website. On the left is the NIH logo and the text "National Library of Medicine". On the right is a search bar labeled "Search NLM" with a magnifying glass icon. Below the search bar is a horizontal menu with four items: "PRODUCTS AND SERVICES", "RESOURCES FOR YOU", "EXPLORE NLM", and "GRANTS AND RESEARCH", each with a downward arrow. Below the menu is a dark grey bar with the word "MEDLINE" in white capital letters.

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MEDLINE is the [National Library of Medicine's \(NLM\)](#) premier bibliographic database that contains references to journal articles in life sciences, with a concentration on biomedicine.

MEDLINE content is searchable via [PubMed](#) and constitutes the primary component of PubMed, a literature database developed and maintained by the [NLM National Center for Biotechnology Information \(NCBI\)](#).



Data and resources

- Harvard – [Reviews of diets and diet books from The Nutrition Source](#)



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Thank you

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