Nutrition and Diet Scams: Protect Yourself!

www.nshealth.ca
Ask yourself a few *red alert* questions:

1. Is this an ad for a product or company?
2. Is it based on a personal success story or a celebrity diet?
3. Does it sound too good to be true (for example, a “miracle cure”)?
4. Is it promising a “quick fix”?
5. Does it use scare tactics? (For example, “5 Foods You Should Never Eat” or “Contains the same chemicals used to make plastic!”)

If the answer is “yes” to any of these, be wary.
A good rule of thumb: The more outrageous the claims, the less trustworthy the info.

Honest researchers and scientists are balanced in their approach and give info without trying to scare you.

Be skeptical & consider:

- “Natural” and “herbal” can be misleading words.
- Is the claim backed up with strong evidence and science?
- Do they list where their information came from? (Such as studies and resources.)
- Blogs and websites can be created by anyone. Many people create them to write about their own opinions, beliefs, and/or successes, but may not use real evidence.
- Whenever you consider trying a new product, first check with your healthcare provider or dietitian.
Be suspicious of catch phrases and claims like:

- “Finally, a program that works for everyone!”
- “Money-back guarantee.”
- “Scientifically proven and doctor-approved!”
- “You can eat whatever you want and still lose weight!”
- “It is 100% safe.”
- Personal claims and testimonials (for example, “I lost 16 pounds in one week!”)
Helpful online resources:
1. www.dietitians.ca
2. www.snopes.com
3. www.eatrightontario.ca
4. www.heartandstroke.ca
5. www.diabetes.ca
6. www.senseaboutscience.org
7. www.jennifersygo.com
8. www.weightymatters.ca
Buyer beware.
Take charge.
Ask questions.
Ask a dietitian.

“Extraordinary claims require extraordinary evidence.”
~Carl Sagan

Looking for more health information?
Contact your local public library for books, videos, magazines, and other resources.
For more information go to www.library.novascotia.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products.
Thank you!

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