

Navigating Online Nutrition Information



Welcome Messiah 2026-2027 Students!

You probably see nutrition media everywhere right now. We live in a world where information is constantly delivered through technology - including opinions about what we should put into our bodies. But how do we know this information is accurate? Let's unpack that together!

Trustworthy Resources

Instagram Accounts:

- @abbeyskitchen
- @nourishedbynic
- @langernutrition

Podcasts:

- The Nutrition Science Podcast
- Intuitive Eating for Christian Women
- Truth Based Nutrition

Book:

- Nourished by Faith

Website:

- <https://nourishfamily.com/blog/>

Remember!

Anyone can create an online profile, claiming that they are a "nutrition expert." Be thoughtful in where you seek advice from and remember that there is not a "one-size-fits-all" approach

Want to meet with the Campus Dietitian?

Make an appointment by calling the Engle Center at (717) 691-6035 or email kdicarlo@messiah.edu

Things to Look for...

- **Check the credentials.** Registered Dietitians (RDs) have formal training in nutrition science; other titles, such as "nutritionist" and "chiropractor" may not
- The influencer avoids **promising** things such as quick weight loss or instant results
- **Ask questions.** Are claims backed by research? Work with a trusted healthcare provider to decide if this research is reliable and relevant for you

Red Flags...

- Claims that one diet or food will get rid of all health problems (example: cutting out all carbs will completely eliminate bloating)
- Influencers who rely on a personal or emotional story to provide broad health advice
- Promises rapid results and quick fixes
- **Labeling food as "good" and "bad"**
- Using their body or appearance as a way to sell viewers a diet or product

Main Point:

The best way to receive nutrition advice is by meeting with a healthcare provider, such as a Registered Dietitian, who can tailor recommendations to your individual needs. If you do look for nutrition advice online, be sure it comes from a trusted, credible source!

