

# Kitchen and Food Safety

## Know Who to Trust for Reliable Health Information



Are you overwhelmed by all the health and wellness information surrounding you? How do we know which health and nutrition resources are credible? Who do we trust when two sources appear contradictory? Learn to identify trustworthy sources for important health and wellness information.

### How to Identify Accurate Information

When deciding if the information you see or hear is reliable, ask yourself these questions:

#### Who wrote it? Who is saying it?

Look for the author or speaker's qualifications. You can identify them as qualified experts by reviewing their credentials and affiliations.

#### Why was it published or distributed?

It is good to analyze the content. Sometimes, the information given to you has an ulterior motive. It may be designed to help sell a product. The information may be biased. Some companies may conduct their research and report only the findings that make them look good.

#### How are health and nutritional claims supported?

Check to see if there is a list of sources to support their statements. Credible experts will often refer to trusted organizations and peer-reviewed scientific journals.

#### What or who was studied?

If you are questioning a specific study, see who or what the study subjects are. Are they humans or animals? While some animals are genetically close to humans, they are not identical.

#### How large was the study group?

If the study only includes 40 or 50 people, it may not represent the rest of the population. Also, question how many studies have been done on that same subject. It takes numerous studies of repeated findings and years of scientific research to reach a proper conclusion. Instead of using what is reported in the media, go to the original data source listed. Often, reporters will use only parts of a larger research report.

#### How to Identify Trustworthy Digital Information

The internet can be an excellent resource for important health information, including healthy recipes, comprehensive nutrition information, and wellness tips, but it is also crowded with misinformation.

You can help stop the spread of misinformation on health-related topics.

- Be sure the original author passes expert qualifications for the subject they are discussing or that the information comes from an unbiased, research-based organization. Look for a contact address, phone number, or email to talk directly to the author.
- Check the date of the website's last update. Check out the credibility of other sites listed or supporting material.
- Look for accreditation or certifications, such as HONcode, the Health On the Net Foundation, which monitors content on health and medical websites.
- Before providing personal data online, ensure the site is secure. Secure sites will carry a closed padlock symbol before the URL address.



## How Trustworthy is This Website?

Use your search engine’s advanced search option when searching online for information. Limit your search to websites with credible domains. A domain is the prefix at the end of the site address, such as .com or .edu.

Domain	Domain Registrant	Credibility Rating
.edu	Educational institution	High
.gov	Government agencies	High
.org	Organizations, often non-profit	Moderate
.com	Commercial sites	Low
.net	Networks	Low
.info	General use	Low
.biz	Business	Low

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