Evaluating Nutrition/Health Information on the Web

Questions You Should Ask:

1. **Who manages this information?**
   The person or group that has published nutrition/health information online should be identified somewhere. Are they a reputable source of information?

2. **Who is paying for the project, and what is their purpose?**
   You should be able to find this in the “About Us” section. They could be promoting their own interests.

3. **What is the original source of the information that they have posted?**
   If the information was originally published in a research journal or a book, they should say which so that you can find it. If it is a book, was the author a health or nutrition expert?

4. **How is information reviewed before it gets posted?**
   Most nutrition/health information publications have someone with medical or research credentials (e.g., someone who has earned an MD, DO, RD, or PhD) review the information before it gets posted, to make sure it is correct.

5. **How current is the information?**
   Online nutrition/health information sources should show you when the information was posted or last reviewed.

6. **If they are asking for personal**
   This is very important. Do not share personal information until you understand the policies under which it will be used and you are comfortable with any risk involved in sharing your information online.

7. **What if you are still unsure if the website is a reliable source of nutrition/health information?**
   If you are unsure if the internet site is reputable or not, check with a nutrition or health expert (e.g., someone who has earned an RD, MD, DO, or PhD)

Feel good about information you share with kids, parents and staff!

Adapted from National Cancer Institute at the National Institutes of Health:
http://www.cancer.gov/cancertopics/cancerlibrary/health-info-online