

CRITIQUING NUTRITION INFORMATION

We are surrounded by messaging on nutrition and healthy eating, through mediums such as television and social media. This information comes from people with varying levels of qualifications (or no qualifications).

Making food choices based on evidence is important. What should you look for when trying to work out whether food and nutrition information is reliable?

Does the messaging vary substantially from the Australian Guide to Healthy eating?

The Australian Guide to Healthy Eating (AGHE) (based on the Australian Dietary Guidelines), was developed from a comprehensive review of evidence by university qualified nutrition professionals.

If the food and nutrition messaging varies substantially from the AGHE, this could be an initial flag that it is not reliable.

Who is the author and what are their qualifications?

Trusted nutrition professionals in Australia are university qualified in food and nutrition science. Look for whether the author is an Accredited Practising Dietitian or Registered Nutritionist. Just because someone says they are an expert in a food and nutrition topic, does not make their opinion valid and worth following.

Are they trying to sell something?

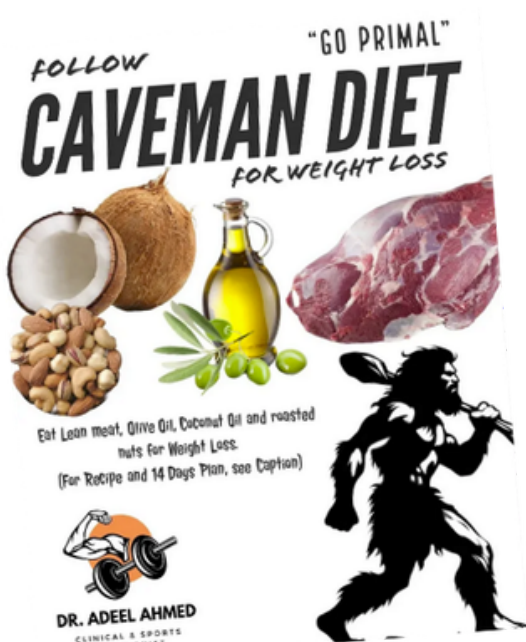
Sometimes (not always), information is misleading as the author is trying to sell a product. If you are unsure, cross-check the information with other sources.

Does the information promote extreme eating behaviour?

Eating behaviours with strict rules on what you 'can' and 'can't' eat might sound easier to follow, but they can also be hard to sustain and/ or dangerous to your health.

Is the information based on trusted scientific research?

If you are unsure, cross-check the information with other sources.



Allowed Foods:

- ✓ Lean meats (especially grass-fed)
- ✓ Fish and seafood
- ✓ Eggs
- ✓ Fruits and vegetables
- ✓ Nuts and seeds
- ✓ Healthy fats (olive oil, coconut oil, avocado)

Foods to Avoid:

- ✗ Grains (wheat, rice, oats)
- ✗ Dairy (milk, cheese, yogurt)
- ✗ Legumes (beans, lentils, peanuts)
- ✗ Processed foods & sugar
- ✗ Vegetable oils & trans fats

The benefits often claimed include weight loss, improved digestion, and better blood sugar control. However, critics argue that cutting out entire food groups like dairy and grains may lead to nutrient deficiencies.

CONSULT US, IF YOU NEED "WEIGHT LOSS" DIET PLANS & PROGRAMS. 📧



Example critique

MIDLIFE WOMEN

1. AVOID THESE BREAKFASTS
High-carb/low protein



Plain Oatmeal



Fruit alone



Avocado Toast



Fruit Smoothie



Fruit Yogurt



Two-eggs



Bagel



Cereal



Acai Bowl

@functionalhealthcoachchris2.0

5. MIDLIFE WOMEN

IDEAL BREAKFASTS
Higher protein/lower carb



Protein Oats



Greek Yogurt Bowl



Omelette



Leftovers



Salad w/ protein



Protein Smoothie



Oats + Cottage cheese pancakes

@functionalhealthcoachchris2.0

2. In midlife, we generally need more protein and fewer refined carbs thanks to our shifting hormones. That means one of the worst ways to start your day is with a high-carb, low-protein meal. 🙅

3. That combo can:

- 👉 Shut down fat burning
- 👉 Make it harder to build muscle
- 👉 Trigger blood sugar swings, cravings, and low energy
- 👉 Add to stubborn belly fat

Comment **BREAKFAST**, and I'll send you my high-protein breakfast guide with 10 delicious recipes.

7. @functionalhealthcoachchris2.0

1. Uses the term 'avoid', which we need to be careful of as it can cause challenges with adherence, and eliminate important foods.
2. Protein is important at all stages of our life. Protein requirements for women only slightly increase after the age of 70 years (from 46 g/day to 57 g/day).
3. What is the evidence for this? No references are cited.
4. What are they ultimately trying to sell?
5. How realistic and sustainable are these breakfast choices?
6. BTW – eggs are actually high in protein and low in carbohydrates, so this is an error.
7. Finally, who is this author and what are their qualifications?
8. The overall messaging does not align with the Australian Guide to Healthy Eating.

WE ALL KNOW

THE LINKS BETWEEN CONSUMPTION OF COW'S MILK AND AN INCREASED RISK OF CANCER, DIABETES, OSTEOPOROSIS, OBESITY, HEART DISEASE, AND SEVERE ALLERGIES.

2. RESEARCHERS

ARE NOW DISCOVERING A DIRECT CONNECTION BETWEEN DRINKING DAIRY AND A DETERIORATION IN ATHLETIC PERFORMANCE, INCLUDING A SLOWER RECOVERY TIME, FATIGUE, LOWERING OF MUSCLE MASS AND REDUCED BONE DENSITY.

THIS IS WHY HUNDREDS

OF OLYMPIC AND PROFESSIONAL ATHLETES HAVE BEEN DROPPING DAIRY FROM THEIR DIETS.

COW'S MILK IS NOT A HEALTH FOOD

IT'S A MARKETING CAMPAIGN AND IT'S MAKING PEOPLE SICK

@SWITCH4GOOD

65% OF THE GLOBAL POPULATION SUFFERS FROM DAIRY ALLERGIES, COW'S MILK INTOLERANCE AND COW'S MILK SENSITIVITIES, INCLUDING A VAST MAJORITY OF PEOPLE OF COLOR.

AND YET LAST YEAR ALONE, THE USDA OVERSAW OVER \$125 MILLION OF SPENDING ON DOMESTIC MARKETING TO SELL THE MYTH THAT COW'S MILK IS A HEALTH FOOD.

THE ATHLETES OF SWITCH4GOOD ARE COMING TOGETHER TO FIGHT THIS EPIDEMIC. JOIN US AND HELP BUILD A DAIRY FREE FUTURE.

Apply the principles to this infographic

Source: Instagram; however, the author is unknown.