Brilliant or Bananas

**Nutrition Information Checklist**

There are many sources of nutrition information: what to eat, how much to eat and when to eat. Not all this information is accurate or true and it can be hard to know whether it’s brilliant or bananas.

Critical thinking is a skill that helps us evaluate if something is accurate and true. Use this checklist to help you think critically about the nutrition information you hear, read or see.

The more ticks you put in the ***Brilliant*** column, the *more likely* the information is reliable. The more ticks you put in the ***Bananas*** column, the *more likely* the information is less reliable, and you should check to make sure it is true.

Practice this skill and you will find that you start to spot the brilliant from the bananas more easily, without this list. It’s important to always think twice, especially if you are thinking of making changes to your diet. If it sounds too good to be true, it probably is!

| **Brilliant!**  *This information …* | **Checkbox** | **Bananas!**  *This information...* | **Checkbox** |
| --- | --- | --- | --- |
| is consistent across several different sources including government guidelines, research organisations, scientific journals or non-fiction books. |  | is from a source that is not reviewed by experts (such as a friend, a blog, a magazine) and cannot be confirmed by other sources. |  |
| is written factually with references. |  | is for advertising or entertainment purposes and does not have references. |  |
| is provided by a person who has recognised nutrition such as Accredited Practicing Dietitian. |  | is provided by a person that does not have relevant qualifications (e.g. celebrity chef). |  |
| is consistent with the Australian Dietary Guidelines and involves eating a variety of foods from the five food groups. |  | is not consistent with the Australian Dietary Guidelines and recommends eliminating one or more of the five food groups. |  |
| refers you to a dietitian or doctor for more information. |  | encourages or pressures you to buy a book, guide or product for further support or information. |  |
| is recent and was published in the last 10 years. |  | has no date attached or is more than 10 years old. |  |
| does not make promises about miracle results. |  | uses promises and emotive language to convince you to follow the advice. |  |
| is impartial and does not promote particular brands. |  | is sponsored by or links to a particular brand/food company. |  |