



NAVIGATING NUTRITION MISINFORMATION

🌿 Make informed choices for your health. 🌿



WHY THIS MATTERS

If you've had cancer or are at higher risk, you may be seeing a lot of nutrition advice. Not all of it is accurate. Learning how to evaluate information can help you make safe, informed choices.



FOCUS ON: CHECK THE SOURCE

Look for trusted sources like health organizations, universities, or healthcare professionals.



FOCUS ON: WATCH FOR RED FLAGS

Be cautious of words like "miracle," "cure," or "never eat this."



FOCUS ON: LOOK BEYOND THE HEADLINE

Headlines can be misleading—take time to read more.



FOCUS ON: STORIES ARE NOT EVIDENCE

One person's experience is not the same as clinical research.



FOCUS ON: PAUSE BEFORE YOU TRY IT

Give yourself time to check the information before making changes.



PRACTICAL TIP

Save or screenshot information and come back to it later instead of reacting right away.



FOCUS ON: ASK A PROFESSIONAL

A care team member can help you decide what is right for you.



Focus on simple, evidence-based habits—not quick fixes.