

Healthy Living: Clues of Quackery¹

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Is there something for sale?

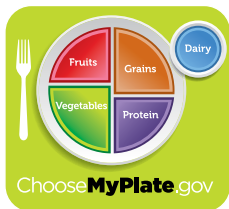
Information provided as part of a sales pitch is often NOT trustworthy!



Is the author/speaker qualified to provide nutrition or health information?

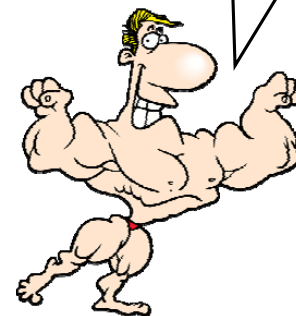
Information from persons who lack formal education in nutrition or health may not be trustworthy. Registered dietitians (RD) licensed nutritionists (LD/N), and nutrition professors (PhD) all have training in nutrition. Health professionals, such as physicians (MD), physician's assistants (PA), nurses (RN) or nurse practitioner (NP) and pharmacists (PharmD) are good sources of health information.

Is elimination of one or more food groups recommended?



If so, this may be a sign of quackery. For good health, we need a variety of nutrients from all the food groups. Persons from different cultures as well as vegetarians can use MyPlate to learn how to get all the nutrients they need. Information is available at ChooseMyPlate.gov.

If you try this product, you'll look like me!



Does it sound too good to be true?

Key words that may mean quackery are: "quick," "painless," "miracle," and "cure."

1. La versión en español de este documento es *Vida Saludable: Indicios de fraude* (FCS8484-Span). This document is FCS8584, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Published December 2006. Revised February 2008. Reviewed with minor revision, August 2011. Visit EDIS at <http://edis.ifas.ufl.edu>.
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