



A Roadmap for Evaluating Health News

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1. Maintain a healthy skepticism when encountering news
2. Check the author or expert's credentials
3. Look for possible conflicts of interests (who funded the research? Does the author receive income from the product evaluated? → This does not necessarily mean that the information is invalid, but it is something to be attentive to and consider.
4. Digest the information –
 - a. Look for clues it is taken out of context – what does this say about total diet and lifestyle?
5. Is it evidence-based?
 - a. What kind of citations are used as supporting evidence?
6. Evaluate and/or track down the source
 - a. Primary source? Secondary? A blog?
 - b. Go back to the original source
7. What is the original source saying? **Is that the same message you encountered?**