

# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

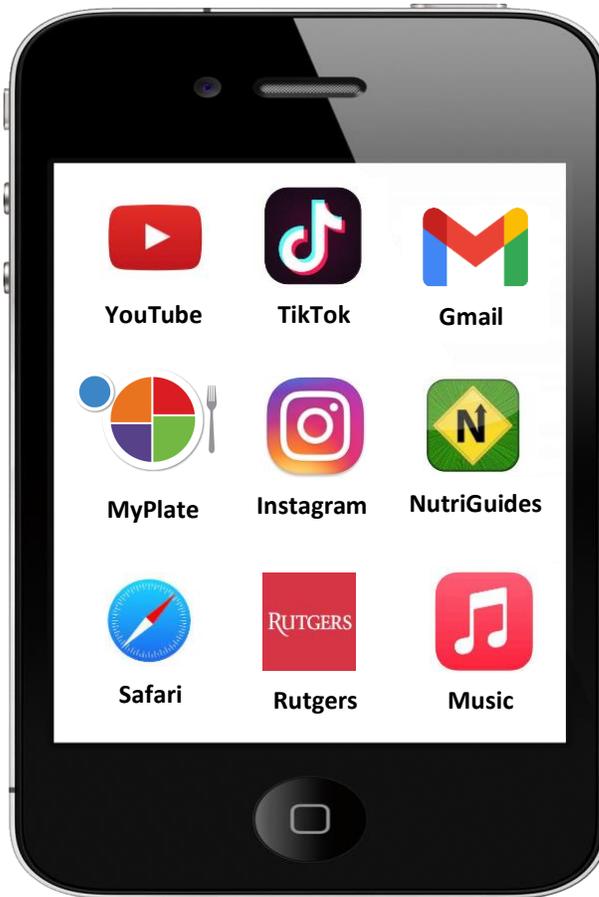
A Joint Program Between RU Dining Services and The Department of Nutritional Sciences



## Social Media and Reliable Nutrition

Do you find yourself scrolling through social media for hours on end? You probably encounter nutrition related information, diet trends, recipes on platforms such as Instagram, Tiktok, and YouTube. With so many “nutrition experts” and conflicting advice, it can be hard to tell fact from fiction. Before following the latest nutrition trend, it is important to recognize which sources provide credible information. Below are some suggestions on how to navigate the nutrition network.

- To ensure accurate nutrition information on social media platforms, look for profiles of Registered Dietitians (RDs) or nutrition organizations such as *Eat Right Nutrition* and *USDA-MyPlate*. Both provide credible healthy eating tips and articles from RDs.
- RDs have a Bachelor or Master’s degree in Nutrition, complete 1,200 hours of supervised practice (internship), and have passed a board exam before becoming registered.
- Anyone who gives nutrition advice can call themselves a Nutritionist. Nutritionists are not required to have a license and do not have clinical experience to diagnose and treat medical conditions.



- Check the date on the claims or posts to see how recently the content was updated or reviewed.
- RDs recommend the MyPlate app to track food intake, and for clinical information, NutriGuides has over 300 nutrition recommendations from the Academy of Nutrition & Dietetics evidence library.
- Follow the RU Healthy Dining Team on our social media accounts (@RUHDT), where we post weekly newsletters and healthy dining hall suggestions.
- Use the Rutgers app as a tool to navigate menu selections and nutrition information on foods served in the dining halls.
- To access nutrition information on the Rutgers app, select Food → New Brunswick → Dining Hall Menus → Choose Dining Hall → Click “Nutrition Info”.

*Before you like, tweet, or repost be sure to trust your host!*

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References: Every Registered Dietitian Is a Nutritionist, but Not Every Nutritionist Is a Registered Dietitian

Available at: <https://www.eatrightpro.org/about-us/what-is-an-rdn-and-dtr/what-is-a-registered-dietitian-nutritionist/every-registered-dietitian-is-a-nutritionist-but-not-every-nutritionist-is-a-registered-dietitian> Accessed on 9/14/21

NutriGuides Mobile Available at: <https://www.eatrightstore.org/product-type/subscriptions/nutriguides-mobile> Accessed on 9/14/21

MyPlate App Available at: <https://www.myplate.gov> Accessed on 9/14/21

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