

## Reliable nutrition and health information online

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The internet can be a quick and convenient way to find nutrition and health information. However, not everything online is accurate or reliable.

Here are 5 questions to ask when checking out a website:

1. <b>Who?</b>	Who runs the website? Can you trust them?
2. <b>What?</b>	What does the site say? Do its claims seem too good to be true?
3. <b>When?</b>	When was the information posted or reviewed? Is it up-to-date?
4. <b>Where?</b>	Where did the information come from? Is it based on scientific research?
5. <b>Why?</b>	Why does the site exist? Is it selling something?

These questions are from the National Center for Complementary and Alternative Medicine's website – [www.nccam.nih.gov](http://www.nccam.nih.gov)

For more information, search "Finding and Evaluating Online Resources on Complementary Health Approaches".

### For more information

Heart and Stroke Foundation  
"Find reliable health information on line"  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

National Network of Libraries of Medicine  
"Evaluating health websites"  
[www.nlm.gov/outreach/consumer/evalsite.html](http://www.nlm.gov/outreach/consumer/evalsite.html)

## Reliable nutrition and heart health websites

Berkeley Wellness

[www.berkeleywellness.com](http://www.berkeleywellness.com)

Centre for Science in the Public Interest

[www.cspinet.org/nah](http://www.cspinet.org/nah)

Dietitians of Canada

[www.dietitians.ca](http://www.dietitians.ca)

Dietitians of Canada - Eat Right Ontario

[www.eatrightontario.ca](http://www.eatrightontario.ca)

Academy of Nutrition and Dietetics (US)

[www.eatright.org](http://www.eatright.org)

Heart and Stroke Foundation

[www.heartandstroke.ca](http://www.heartandstroke.ca)

American Heart Association

[www.heart.org](http://www.heart.org)

National Heart, Lung and Blood Institute

[www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

These websites were checked and found to be correct at the time of printing. Please note that websites and health information on the internet change frequently, without notice. Therefore, we cannot guarantee that the websites or their content will remain accurate.

Cardiac Health and Rehabilitation Centre, Hamilton Health Sciences, General Site 2013