



Spot the Difference: Nutrition Red Flags vs Green Flags

Confused by nutrition advice online?

You're not alone. Use this quick checklist to help separate trustworthy nutrition information from misleading claims.



Green Flags



Red Flags

Advice comes from government health websites, schools, doctors, or qualified nutrition professionals such as Accredited Practising Dietitians.

The author and their qualifications are clearly stated.

Advice is backed by scientific research and aligns with the Australian Dietary Guidelines.

Promotes positive body image, energy, health and overall wellbeing.

Encourages regular meals, balance, moderation and long-term healthy habits.

Advice comes from influencers, bloggers, YouTubers or social media personalities without recognised nutrition qualifications

No author is listed, or it's unclear what qualifications they have.

Claims are based on personal stories, testimonials or "before and after" photos.

Focuses heavily on weight, appearance or achieving a certain body shape.

Encourages restrictive diets, labels foods as "good" or "bad", removes entire food groups, or promises rapid weight loss.

Claims there is one perfect diet for everyone.