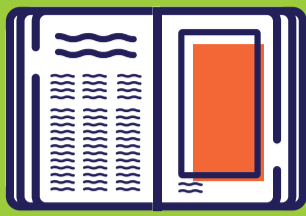


Credible Advice



Read beyond the headlines



Check the source – is it trusted?



If in doubt, check with **official sources**



If it **sounds too good to be true**, it probably is!



Regulated nutrition and other health professionals **do not sell supplements or diet products.**



Advice promoting '**superfoods**' is **false and misleading.**



Be careful when a product or company **sponsors** the **information or a person.**



Avoid advice that recommends **removing foods or food groups entirely** from your diet.

Takeaway action: Next time you read food-related information in the media, consider these points before you trust the advice.

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HEALTHY YOU