

Reliable, Credible, Evidence-Based Nutrition Websites/Sources

Academy of Nutrition and Dietetics Evidence Analysis Library

Evidence-based nutrition practice guidelines (Must be an AND member)

Food and Nutrition Information Center

USDA's nutrition hub

Food and Nutrition Resources from the FDA

Food safety, the new food label, guidelines, and more from the FDA

American Heart Association's Healthy Living Center

Evidence-based everyday nutrition and lifestyle advice intended for consumers

Nutrition Frontiers e-Newsletter

Nutritional Science Research Group of the National Cancer Institute

Mayo Clinic's Nutrition and Healthy Eating Center

Health and nutrition information for both medical professionals and consumers

NCCIH Clinical Digest

NIH complementary and integrative health practices for health conditions

PubMed

Primary research literature abstracts, some free full text articles

Medline Plus

Part of PubMed, evidence-based information intended for lay audiences

The Nutrition Source

Harvard School of Public Health's free nutrition education resources

Tufts University Health and Nutrition Letter

Tufts Friedman School of Nutrition Science and Policy Nutrition Publication (paid)

Natural Medicines Comprehensive Database

Evidence-based information on herbal remedies, supplements, complementary therapies, etc.

free consumer version | member benefit for orgs like DIFM of the Academy

Examine

Independent nutrition education organization that evaluates and analyzes nutrition research

NIH Office of Dietary Supplements Fact Sheets

Fact sheets about therapies, supplements, and conditions, for both consumers and pros

True Health Initiative

Nonprofit org seeking and reporting the fundamental truths of health, sustainable living, and lifestyle