

Confused About Nutrition? You're Not Alone.

Get clarity from the most qualified nutrition experts:
nutrition and dietetics professionals.

Insights from a national consumer survey by the Academy of Nutrition and Dietetics.

Everyone Has Nutrition Advice — Few Have the Credentials

Nutrition guidance is everywhere. Credible expertise is harder to identify.

- **56%** of Americans rely on their own online research to make food decisions
- Nearly **half** have acted on advice from social media or AI tools

Just because it's shared online doesn't mean it's evidence-based.

Nutrition and Dietetics Professionals Bring Evidence to the Table

Nutrition and dietetics professionals are trained to bring clarity, credibility, and context to nutrition decisions, yet awareness remains low.

- **86%** of people have never seen a nutrition and dietetics professional
- Only **7%** can accurately describe what they do

What sets them apart:



Nationally recognized credentials



Rigorous education and ongoing training



Evidence-based, personalized care



Nutrition Support That Improves Health

Food choices are personal, and nutrition guidance should reflect that.

- **40%** of people feel stressed or guilty about food
- **11%** avoid nutrition help because they fear judgment

Nutrition and dietetics professionals provide:



Compassionate, respectful guidance



Support for health conditions like obesity, diabetes, and GI disorders



Help navigating GLP-1 medications safely and sustainably