Journal #3 – Nutrition Studies

1. What is the last food item or diet that you have heard is good for (or really bad for you)? Where did you hear about it? Do you think this is a reliable source?
2. Why do you think that there seem to be so many studies about nutrition that contradict each other? Ex: why does one say the food is good and the other says it’s bad?

Watch:

<https://www.youtube.com/watch?v=uPIQ7YhE4cE>

1. What are some things you should look out for when reading/hearing about a new nutrition study to decide how valid it is?