

# Healthy Living for Elders: CLUES OF QUACKERY

Luisa Oliver-Cordero and Linda B. Bobroff<sup>1</sup>



## ASK THESE KEY QUESTIONS TO **SPOT** QUACKERY:

### Is there something for sale?

MIRACLE Drug  
Only \$9.99!

Information provided as a part of a sales pitch  
is NOT trustworthy!

### Is the author/speaker qualified to provide nutrition or health information?

Information from persons who lack formal education  
in nutrition or health may not be trustworthy.  
Dietitians (RD) and licensed nutritionists (LD/N)  
have training in nutrition.

Try this product.  
It worked for me!

### Is elimination of one or more food groups recommended?

For good health, we need a variety of nutrients from all the food  
groups.

### Does it sound too good to be true?

Key words that may mean quackery are:  
“quick,” “painless,” “miracle,” and “cure.”

Use these questions to evaluate nutrition and health claims, before you buy  
a product or follow a recommendation!