

Reliable sources of nutrition information

There are many sources of nutrition information these days. It can be challenging to find sources that can be relied upon to give accurate information. We have put a list together of websites and other sources of information that provide evidence-based and up to date nutrition information to help you feel confident about finding and providing healthy food choices.



- ACT Nutrition Support Service
www.actnss.org
- Australian Guide to Healthy Eating
www.eatforhealth.org
- Australian Dietary Guidelines
www.nhmrc.gov.au/guidelines-publications/n55
- Live Lighter
www.livelighter.com.au/
- ACT Health
www.health.act.gov.au/our-services/nutrition/important-nutrition-links
- Nutrition Australia
www.nutritionaustralia.org
- Dietitians Association of Australia
www.daa.asn.au

Email us info@actnss.org with your nutrition or food question.

We are your nutrition experts here to help!