

# 10 Red Flags Of Junk Science

---

This list helps communicators and anyone determine the credibility of scientific findings. Considering these points provides an additional step to understanding and interpreting food and health research.

- X Recommendations that promise a quick fix.
- X Dire warnings of danger from a single product or regimen.
- X Claims that sound too good to be true.
- X Simplistic conclusions drawn from a complex study.
- X Recommendations based on a single study.
- X Dramatic statements that are refuted by reputable scientific organizations.
- X Lists of “good” and “bad” foods.
- X Recommendations made to help sell a product.
- X Recommendations based on studies published without peer review.
- X Recommendations from studies that ignore differences among individuals or groups.

