

Use reputable sources

Anyone can claim to be a diet expert on the Internet these days. Consequently most available information is misleading junk. To navigate through this jungle only use independent and reputable sources that provide professionally curated information. Also never forget people's agendas... The egg industry will always sponsor studies concluding that eggs are wonderful. The dairy industry, the meat industry will do likewise.

Here are some examples of reputable sources:

- [The USDA Nutrition Center at Tufts University](#) [↗]
- [The FDA](#) [↗]
- [The Harvard Health Publications](#) [↗]
- [The Mayo Clinic](#) [↗]
- [The Merck Manual for Healthcare Professionals](#) [↗]
- [Micronutrients Information Center at the Linus Pauling Institute](#) [↗]
- [The National Heart, Lung, and Blood Institute](#) [↗]
- [The National Institute of Diabetes and Digestive and Kidney Diseases](#) [↗]
- [The NIH recommended dietary reference intakes](#) [↗]
- [Nutritionfacts.org](#) [↗]
- [Nutrition.gov](#) [↗]

Writing Resources

Click the Help & Resources button on the left navigation bar to access Writing Resources including Grammarly, APA guides, plagiarism guides, and more.

Click the Library Desk button to access library research tutorials and search the library databases.

In addition, [FSW offers Writing Centers](#) [↗] on each of its four campuses and provides online writing support through [Tutor.com](#) (see the left navigation bar).

Grading Rubric

The rubric is lengthy and can be viewed by looking at the bottom of the [Research Paper assignment](#).