

Nutrition Web Evaluation for Consumers

Adapted from the CRAAP Test

Use the following criteria to evaluate the accuracy and reliability of a given website that provides nutrition information. Circle what you think is the best answer.

Criteria for evaluating the reliability of a given website	High Quality	Acceptable	Promising	Poor Quality
Currency and timeliness of the information provided				
a. When was the document last updated?	Every month	Within the last three months	Within the last year	Over a year
	4	3	2	1
b. Does the website contain advertisements?	Site has no ads	Site has one or two ads	Site has three ads	Site is loaded with ads
	4	3	2	1
Relevancy and importance of the information provided	High Quality	Acceptable	Promising	Poor Quality
a. Is the site age appropriate?	4	3	2	1
b. Is the resource written specifically for youth and/or written so multiple audiences can understand?	4	3	2	1
c. Would you cite this source while writing papers or articles?	4	3	2	1
Authority and the source of the information	High Quality	Acceptable	Promising	Poor Quality
a. What are the author's qualifications?	Authors and credentials are spelled out (RD)	Meets two of the previous three criteria	Name only	No references
	4	3	2	1

Criteria for evaluating the reliability of a given website	High Quality	Acceptable	Promising	Poor Quality
b. Does the URL reveal something about the author or source (ex. .com , .edu , .gov , .org , .net)?	.edu or .gov	.org and some .net depending on who purchased the domain	Some .org and .net depending on who purchased the domain	.com
	4	3	2	1
NOTE: Many net sites have higher level applications and can provide high level, cutting edge uses of information.				
Accuracy and correctness of the informational content	High Quality	Acceptable	Promising	Poor Quality
a. Has the information been peer- reviewed and is recognized by professional organizations or agencies?	Research information	Shortened version of research	Lay publications	Product selling information
	4	3	2	1
b. Does the language or tone seem biased, emotional, or a sales pitch? What is the language or tone of the resource?	Free of emotion	Generally balanced	Trying to sell a product	Very biased or emotionally driven
	4	3	2	1
Purpose of the website	Inform or teach	Sell a product	Entertain	Make claims that are too good to be true
	4	3	2	1

TOTAL SCORE

35-40 Outstanding nutrition website. Use it to provide accurate nutritional information.

27-34 Website provides some sound nutrition information, but has some problems that would limit its use.

17-26 Website is geared toward influencing or selling nutritional information that is questionable.

10-16 Website that is nutritional propaganda.