



## **How strong is the scientific evidence?**

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Have you ever wondered how strong the scientific evidence is behind the latest dietary trends and health claims? This infographic dives into common study designs (systematic reviews, meta-analyses, randomised controlled trials, observational research, including prospective cohort studies, case-control studies, cross-sectional studies, animal studies, cell studies, and anecdotes and case studies) used by nutrition researchers to explore the links between nutrition and health and will help you understand the advantages and limitations of each design to help you distinguish between reliable and less robust findings.

# HOW STRONG IS THE SCIENTIFIC EVIDENCE?



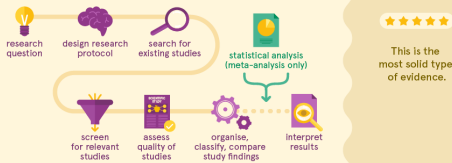
## The levels of evidence in nutrition research

Nutrition researchers use various study designs to explore the links between nutrition and health. However, **not all types of research can be used to draw equally firm conclusions.** Understanding the different designs and their potential flaws and limitations is important for distinguishing between reliable and less robust findings.

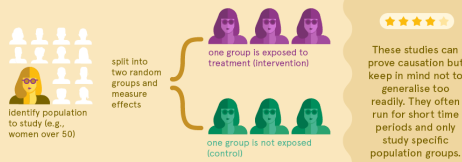


### Systematic reviews and meta-analyses

Gather and summarise all relevant studies on a particular topic and reduce risk of bias.

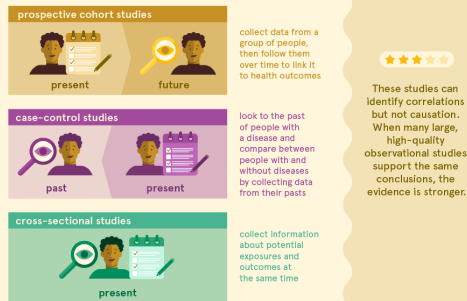


### Randomised Controlled Trials (RCT)



### Observational Research

Scientists use these studies to identify correlations and develop hypotheses for further testing.



### Animal & cell studies



### Anecdotes & case studies

