

# HOW'S YOUR DIET?

## Nutrition Facts

Serving Size 1 Bar (62g)

Servings Per Container 1

### Amount Per Serving

Calories 170    Calories from Fat 80

### % Daily Value\*

**Total Fat** 9g 14 %

Saturated Fat 4g 20 %

*Trans* Fat 0g

**Cholesterol** 10mg 3 %

**Sodium** 55mg 2 %

**Total Carbohydrate** 22g 7 %

Dietary Fiber less than 1g 3 %

Sugars 18g

**Protein** 2g 3 %

Vitamin A    Vitamin C    Calcium    Iron

2 %    6 %    4 %    0 %

# YOUR INFORMATION DIET, THAT IS



What do you read, watch, or listen to  
on a daily basis?

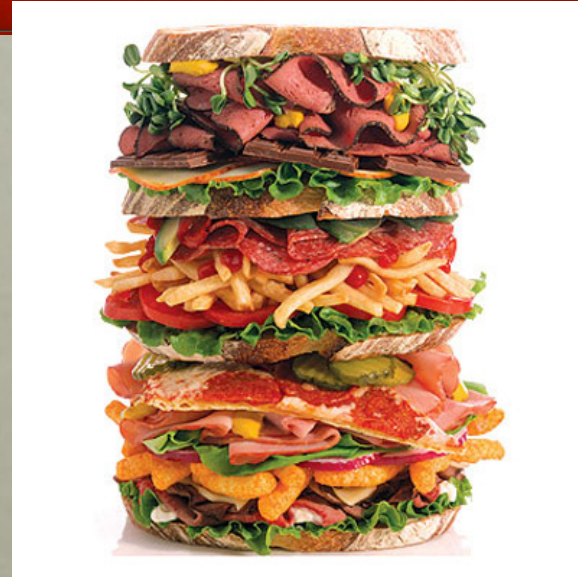


# IS YOUR INFORMATION DIET HEALTHY?





# OR IS IT UNHEALTHY?







MAYBE IT'S A LITTLE OF BOTH?

What constitutes a  
healthy information  
diet, anyway?



# DISCUSS!

In your groups, generate a list of sources you believe are “healthy” and “unhealthy.”

Then, come up with criteria that you believe qualify these sources to to be placed in one category or another.

# A “healthy” information diet

**sort by:**

- ☒ Relevant
- ☒ Important
- ☒ Uncomfortable
- ☒ Challenging
- ☒ Other Points of View

- Documentaries
- Nonfiction
- Biographies
- Book reviews
- History
- Philosophy
- Religious Texts
- Newspapers
- Editorials
- Op-Eds
- Analysis
- Different perspectives



# An “unhealthy” information diet

sort by:



- Twitter
- Facebook
- F\*\*\*MyLife
- Attack of the Cute
- America's Next Top Model
- Reddit
- Yahoo! News
- WonderHowTo.Com
- MSNBC
- The View
- Hollywood Reporter
- Rush Limbaugh

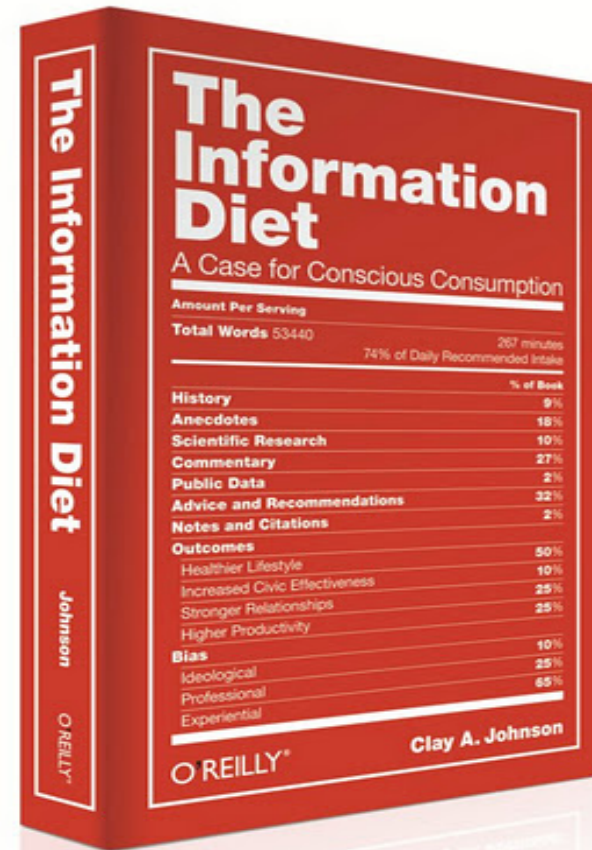
# THE POINT?

Become as selective about the information we consume as we are about the food we eat.



# THE GOAL?

As Clay  
Johnson puts  
it, “conscious  
consumption.”



# SO, ONCE AGAIN... HOW'S YOUR DIET?

## Nutrition Facts

Amount Per Serving

Time: 30 min

Opinion Time: 18

Total Opinion

Partisan Rhetoric 36%

Expert Analysis 8%

Advertising 22%

Cited Sources 2%

Historical Favortism



Ingredients: [Paul Krugman](#), [Ann Coulter](#), [U.S. Bureau of Labor and Statistics](#), [Toxic Waste Inventory](#), [H.R. 1234](#)



### Acknowledgements

The images and information on slides 4, 6, and 8 were retrieved from the TED Talk, “Beware Online Filter Bubbles,” by Eli Pariser



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