

Translating the Science Worksheet

Use this framework in your day-to-day role to craft effective messages that will resonate with your audience(s).

Guiding Principles for Communicating Nutrition Science



Lead with evidence-based information. What scientific concept are you trying to share?



Identify your audience. Who are you trying to reach?

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Determine your objective and call to action. What is your purpose and desired outcome?



Know what resonates best with your audience. Which communication strategies and tools would work best?



Craft a targeted message. What is the key takeaway for your audience?