



# Maintaining a Healthy “Information” Diet

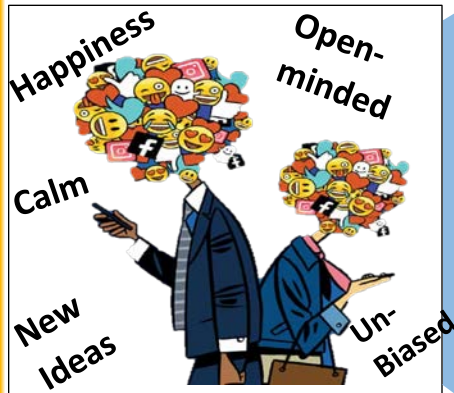


Image: www.theguardian.com

## What is the “Healthy” Information Diet?

When a person focuses on:

- ❖ Intentionally reading high-quality articles
- ❖ Getting alternate viewpoints from different news sources
- ❖ Listening to a variety of Podcasts
- ❖ Deliberately researching new hobbies and ideas

## What is the “Unhealthy” Information Diet?

When a person continues to focus on:

- ❖ Reading the same news sources
- ❖ Listening to the same types of Podcasts
- ❖ Reading the same types of magazines
- ❖ “Following” the same types of people
- ❖ “Liking” the same posts as friends on social media

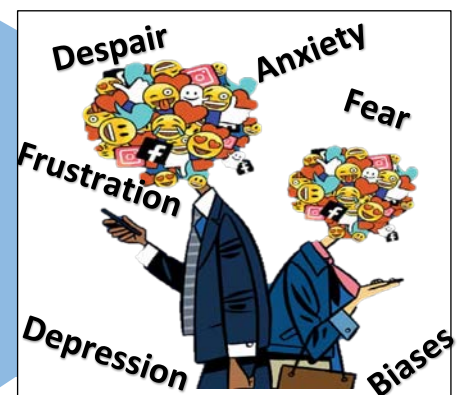


Image: www.theguardian.com

“...hundreds of millions, if not billions of folks, are bingeing on unhealthy information right now and should be able to **design their own get-healthy diet**, which AI could help them adhere to.”

~ Kevin Scott & Greg Shaw

*Reprogramming the American Dream: from Rural America to Silicon Valley--Making AI Serve Us All.* Harper Business, 2020.

## “Healthy” Information Diet Suggestions

- ❖ Kevin Scott suggests that we “train” our AI on what information we want to see in our media newsfeeds by implementing a ‘70/25/5 rule’.
- ❖ Use **70%** of your time reading high-standard, editorially sound content that possibly has a peer review. These sources should primarily shape your professional or work interests.
- ❖ Use **25%** of your time to learn something new and different, but not necessarily job related or from a media source that you favor.
- ❖ Use the final **5%** of your time to scan through blogs, Facebook, Instagram, Twitter, etc...