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MedlinePlus provides a consistent user experience from a computer, tablet, or phone. All users, no matter how they access MedlinePlus, will find the same trusted health information.

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Healthy Recipes

Cooking healthy meals just got easier! MedlinePlus Healthy Recipes is a great collection of easy recipes that show you how to prepare tasty, healthy meals that help you develop a healthy eating pattern. Try out a variety of these recipes to include as part of your healthy lifestyle.

<https://medlineplus.gov/recipes/>

About MedlinePlus

MedlinePlus is the National Institutes of Health's (NIH) website for patients and their families and friends. Produced by the National Library of Medicine (NLM), the world's largest medical library, MedlinePlus provides information about diseases, conditions, and wellness topics in language you can understand. MedlinePlus offers reliable, up-to-date health information—anytime, anywhere, and for free. There is no advertising on the site, nor does MedlinePlus endorse any company or product.

Need help?

Librarians can help find health information for patients and professionals. To identify a local library, visit <https://nnlm.gov/members/directory>.

The National Network of Libraries of Medicine (NNLM), an outreach program of NLM, provides assistance and training nationwide. Contact the NNLM by visiting <https://nnlm.gov/>.

Learn more about



Diseases, illnesses, health conditions, and wellness topics



Symptoms, causes, treatment, and prevention



Side effects and interactions for drugs and herbs



 U.S. National Library of Medicine

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This brochure is freely available at:
<https://nnlm.gov/trifolds/mptri.pdf>

and a whole lot more at
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Trusted Health Information for You

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Health Topics
Find information on health, wellness, disorders and conditions

Drugs & Supplements
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Medical Tests
Learn why your doctor orders medical tests and what the results may mean

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

Healthy Recipes

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Staying healthy can be a challenge, but simple lifestyle changes can help.
MedlinePlus has you covered with [Healthy Recipes](#)

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Sarcoidosis is a disease that leads to inflammation in your lungs, skin, or lymph nodes. It can affect any organ in your body. No one is sure what causes #sarcoidosis. Diagnostic tests include chest x-rays, lung function tests, and biopsy. Learn more: ow.ly/u0vW30p0n6s

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Health Topics

Read about symptoms, causes, treatment, and prevention for over 1,000 diseases, illnesses, and health conditions

Drugs, Herbs, and Supplements

Learn about prescription drugs, over-the-counter medicines, dietary supplements, and herbal remedies

Health and Surgery Videos

Watch health videos on topics such as anatomy, body systems, and surgical procedures

Medical Tests

Learn about medical tests, including what the tests are used for, why a doctor may order a test, how a test will feel, and what the results may mean

Medical Encyclopedia

More than 4,000 articles about diseases, tests, injuries, and surgeries, including an extensive library of photographs and illustrations

Health Check Tools and Games

Check your knowledge and health status with quizzes, self-assessments, decision guides, and interactive, educational games

Easy-to-Read Materials

Health information in plain language

Multiple Languages

Health information in over 50 languages

And much, much more!

MedlinePlus provides users with information to better understand their health and diagnosed disorders. Consult with a qualified physician for diagnosis and answers to your personal questions.