Your Guide to Eating Well

Nutrition.gov

USDA-sponsored website which serves as a portal for food and nutrition information for the public. Contains information on dietary supplements, nutrition for different ages, nutrition for specific health conditions, and meal preparation.

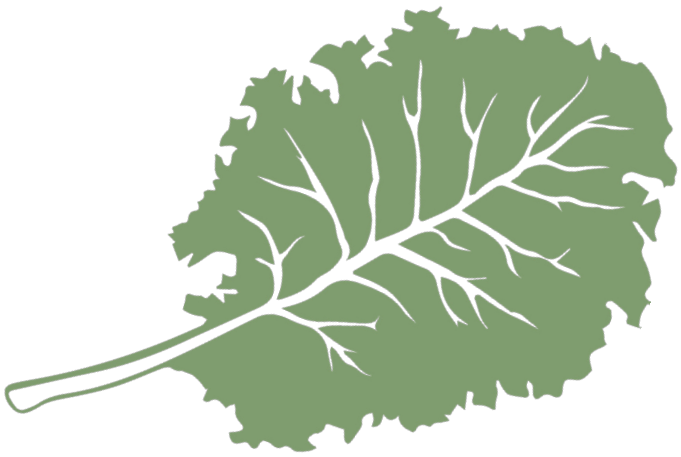
Food Topics

https://www.fda.gov/Food

This topic page on the FDA website contains a wealth of information on nutrition, including information on dietary supplements, tools for understanding food labels, food safety, case studies for health professionals, and the Education Resource Library

Foodsafety.gov

A portal to information about food safety from sources across the federal government. Contains information on safe storage and preparation of food and provides up to date information on food recalls and alerts.

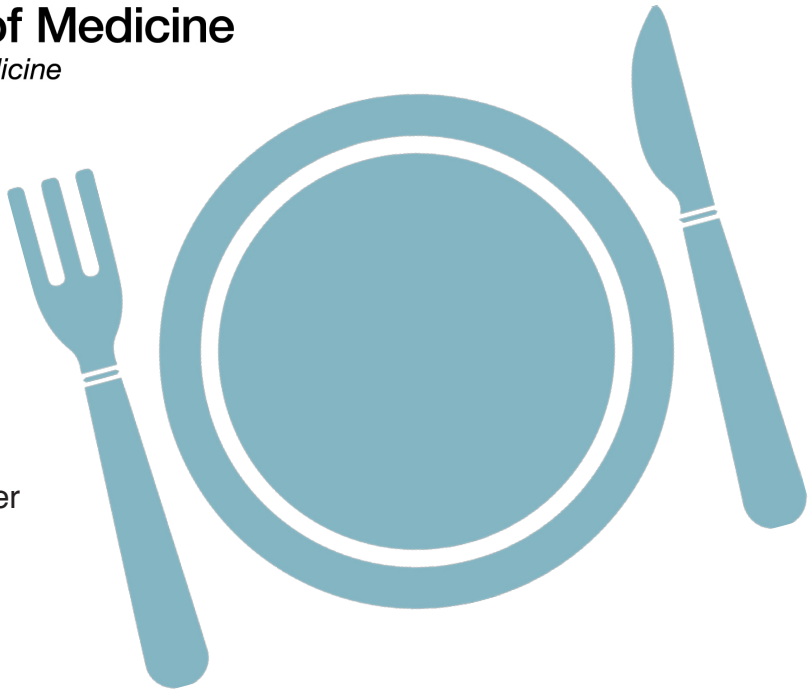


Food and Nutrition Information Center

https://www.nal.usda.gov/fnic

The Food and Nutrition Information Center contains information about diet for specific health conditions, dietary reference intakes, information on nutrition for populations (preconception, child, older adults) and links out to other resources presented in the first webinar.

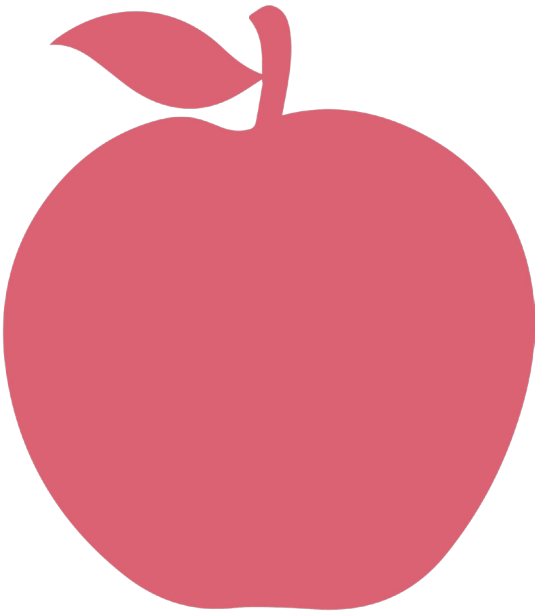
U.S. National Library of Medicine
National Network of Libraries of Medicine



ChooseMyPlate

https://www.choosemyplate.gov/

USDA's ChooseMyPlate provides nutrition infographics (new window), a link to dietary guidelines (new window), SuperTracker (new window) (home of the food-o-pedia), pregnancy weight gain calculator (new window), preschooler growth charts (new window),lesson plans for educators (new window), and multilingual nutrition tip sheets.



MedlinePlus: Food and Nutrition

https://medlineplus.gov/foodandnutrition.html

A collection of pages in MedlinePlus on the topic of Food & Nutrition, check out some of these topics and get a feel for this resource.

Food for Thought Guide

https://nnlm.gov/psr/guides/food4thought

Designed to accompany the NNLM course by the same name, this online guide contains a list of resources from the USDA, FDA, CDC and the National Library of Medicine on topics related to food and nutrition.

nnlm.gov/all-of-us

All of Us RESEARCH PROGRAM

The Future of Health Begins With You