Access from any device!
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
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, at no cost. 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 precautions for drugs and herbs

and a whole lot more at https://medlineplus.gov/

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