

Nutrition Info at Your Fingertips

USDA National Agricultural Library Websites



- Food and Nutrition Information Center (FNIC)
- Nutrition.gov
- Historical Dietary Guidance Digital Collection

Who Are We?



United
States
Department
of Agriculture
1862

Agricultural
Research
Service
1953

National
Agricultural
Library
1862

Food and
Nutrition
Information
Center
1977

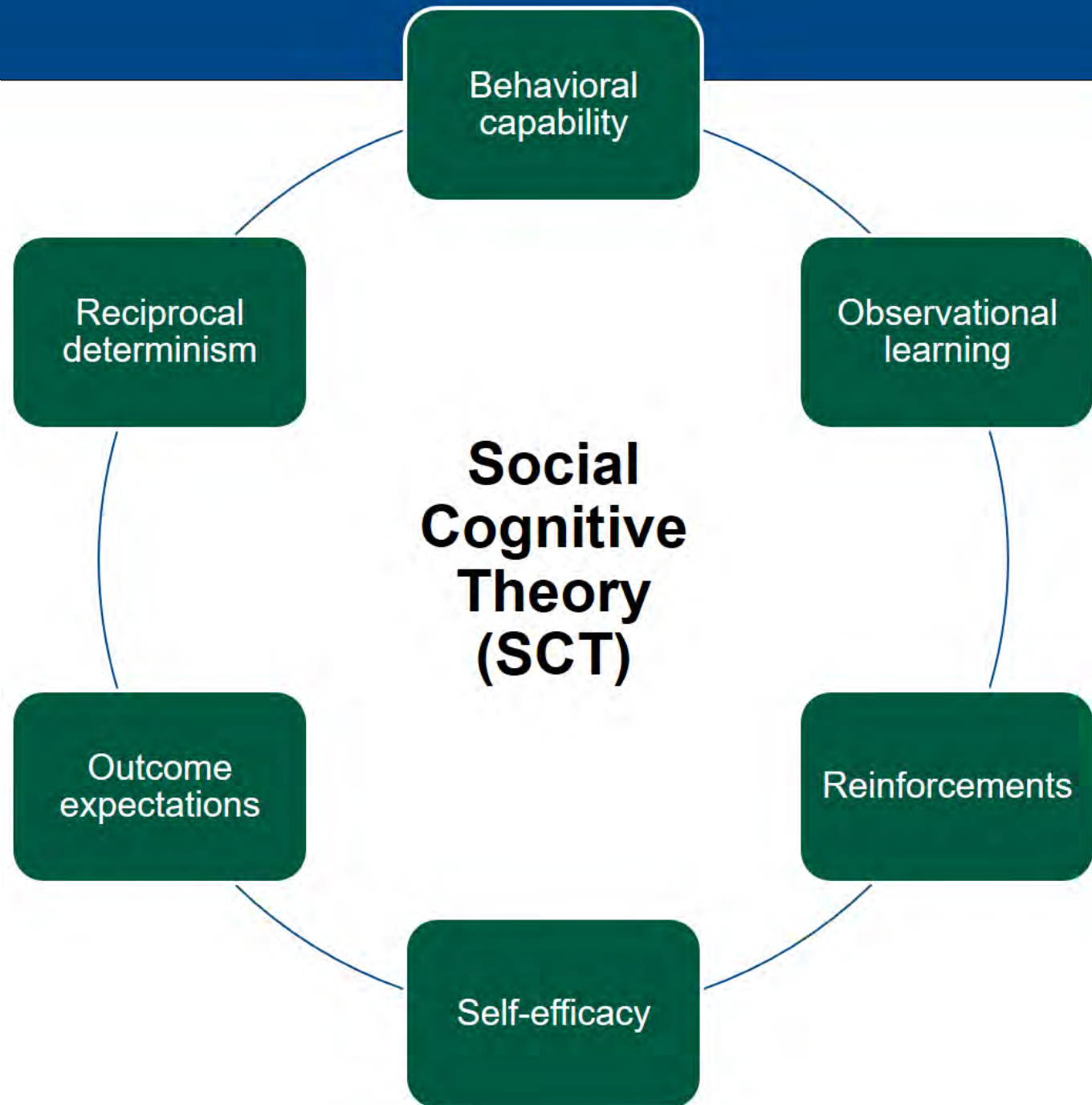
Nutrition.gov
2004

FNIC and Nutrition.gov



- Variety of topics and sources all in one place
- Free for use
- Reviewed by FNIC's Registered Dietitians
- Regularly updated based on expert and user feedback

Guiding Communities to Successful Behavior Change



Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*.

Building Healthy Nutrition Habits

Behavioral capability

- Lessons, online tools, recipes, handouts

Observational learning

- Demos, videos, lessons

Reinforcements

- Logs and trackers, games, short and long-term benefits

Self-efficacy

- Strategies for success, recipes, ask the expert

Outcome expectations

- Diet and health resources

Reciprocal determinism

- Online and printable resources



Food and Nutrition Information Center (FNIC)



Food and Nutrition Information Center (FNIC)

Food and Nutrition Information Center

Search FNIC [Search](#)

[Home](#) » [Information Center](#) » Food and Nutrition Information Center » Food and Nutrition Information Center

Food and Nutrition Information Center

Historical Dietary Guidance Digital Collection

This collection allows users to search over 1,200 federal dietary guidance and nutrition education publications.

[Resume](#) 3 / 5

Dietary Guidance +
Lifecycle Nutrition +
Diet and Health +
Surveys, Reports and Research +
Food Composition +
Professional and Career Resources +
Food Safety +
Dietary Supplements +
Food Labeling +
Nutrition Assistance Programs +
FNIC Frequently Asked

Food and nutrition resources for:

- Educators
- Health professionals
- Researchers
- Policy makers
- Public and students

Diet & Health Resources for Health Professionals



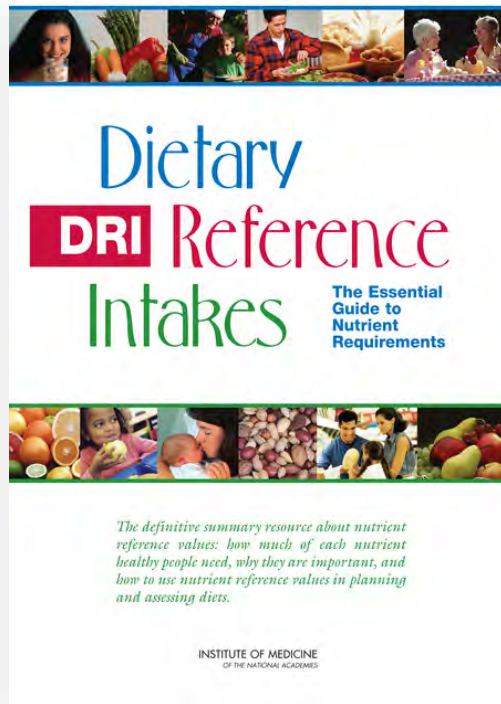
- General Nutrition and Health Information
- Chronic Diseases
- Weight and Obesity
- Fitness and Sports Nutrition
- Allergies and Food Sensitivities
- Digestive Diseases and Disorders

Professional & Career Resources for Health Professionals



- Academic Programs and Educational Opportunities
 - Online Learning
 - Nutrition and Food Safety Education
- Associations and Foundations
- Ethnic and Cultural Resources
- Food Service
- Food Dictionaries and Encyclopedias

Dietary Guidance for Researchers and Policy Makers



- Dietary Guidelines for Americans
- Dietary Reference Intakes
- Interactive Tools
- MyPlate Resources
- DRI Calculator for Healthcare Professionals
- Fraud and Nutrition Misinformation



Lifecycle Nutrition Resources for Educators, Students & Public

- Preconception Nutrition
- Nutrition During Pregnancy
- Nutrition for Breastfeeding
- Infant, Toddler, Preschool, Child, and Teen Nutrition
- Older Individual Nutrition



Nutrition & Food Safety Education for Educators, Students & Public

- Preschool to Elementary School Education
- Middle School to High School Education
- General and Family Education
- Sources of Government, Industry and Organization Education

FNIC Dietary Reference Intake (DRI) Calculator

Input

- Height
- Weight
- Gender
- Age
- Activity Level



[Home](#) » [Information Centers](#) » [Food and Nutrition Information Center](#) » DRI Calculator for Healthcare Professionals

DRI Calculator for Healthcare Professionals

This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes (DRIs) established by the Health and Medicine Division of the National Academies of Sciences, Engineering and Medicine. The data represents the most current scientific knowledge on nutrient needs however individual requirements may be higher or lower than DRI recommendations.

By entering height, weight, age, and activity level, you will generate a report of; Body Mass Index, estimated daily calorie needs in addition to the recommended intakes of macronutrients, vitamins, and minerals based on DRI data.

To begin, enter the following data:

Gender
☐ Male ☐ Female

Age
 years ☐ months

Pregnant or Lactating?

Height
feet: inches:
Height is not required for children under the age of three years.

Weight
pounds:

Activity Level ⓘ
 - Select -
Activity level is not required for children under the age of three years.

[Clear form](#)

Report in units:
☒ Standard
☐ Metric



Results

- BMI
- Daily calorie needs
- Daily recommended intake:

Carbohydrates, Fiber,
Protein, Total Fat, Saturated
Fat, Trans-fat, Omega-3
Fatty Acids, Dietary
Cholesterol, Total Water,
Vitamins and Minerals

Nutrient Lists from Standard Reference Legacy (2018)

Nutrient Lists are available in the following static formats: Adobe portable document format (pdf), comma separated values (csv) and Microsoft Office Excel (xlsx)

Macronutrients:

1. Carbohydrate [pdf](#) | [csv](#) | [xlsx](#)
2. Polyunsaturated fat [pdf](#) | [csv](#) | [xlsx](#)
3. Protein [pdf](#) | [csv](#) | [xlsx](#)
4. Saturated Fat [pdf](#) | [csv](#) | [xlsx](#)
5. Total Dietary Fiber [pdf](#) | [csv](#) | [xlsx](#)
6. Total Sugar [pdf](#) | [csv](#) | [xlsx](#)
7. Total Kilocalories [pdf](#) | [csv](#) | [xlsx](#)

Minerals:

1. Calcium [pdf](#) | [csv](#) | [xlsx](#)
2. Fluoride [pdf](#) | [csv](#) | [xlsx](#)
3. Iron [pdf](#) | [csv](#) | [xlsx](#)
4. Magnesium [pdf](#) | [csv](#) | [xlsx](#)
5. Manganese [pdf](#) | [csv](#) | [xlsx](#)
6. Phosphorus [pdf](#) | [csv](#) | [xlsx](#)
7. Potassium [pdf](#) | [csv](#) | [xlsx](#)
8. Selenium [pdf](#) | [csv](#) | [xlsx](#)
9. Sodium [pdf](#) | [csv](#) | [xlsx](#)
10. Zinc [pdf](#) | [csv](#) | [xlsx](#)

Phytonutrients:

1. Crypto Xanthin [pdf](#) | [csv](#) | [xlsx](#)
2. Lutein Zeaxanthin [pdf](#) | [csv](#) | [xlsx](#)
3. Lycopene [pdf](#) | [csv](#) | [xlsx](#)



FNIC Nutrient Lists

36 Lists of Foods

- Carbohydrates
- Polyunsaturated fat
- Protein
- Saturated fat
- Total sugar
- Calories
- Minerals
- Vitamins
- Phytonutrients

USDA ARS Human Nutrition Research Round Up

The FNIC Research Round Up is a collection of nutrition related research from across the 6 USDA ARS human nutrition research centers. This representative listing is only a selection of evidence based food and nutrition projects intended to inform members of the public in addition to researchers, policy makers, industry, and academia.

National Program 107 Human Nutrition Action Plan: 2014-2019

USDA, Agricultural Research Service

The Goal of National Program (NP) 107, Human Nutrition, is to improve the nutrition and health of the American people by enhancing the quality of the American diet through research.

Program Components:

- a. Linking Agricultural Practices and Beneficial Health Outcomes
- b. Monitoring Food Composition and Nutrient Intake of the Nation
- c. Scientific Basis for Dietary Guidance
- d. Prevention of Obesity and Obesity-Related Diseases
- e. Life Stage Nutrition and Metabolism

ARS Human Nutrition Research Centers

1. [Beltsville Human Nutrition Research Center \(BHNRC\)](#)
 1. [Publications](#)
2. [Jean Mayer Human Nutrition Research Center on Aging](#)
 1. [Publications](#)
3. [Arkansas Children's Nutrition Center](#)
 1. [Publications](#)
4. [Children's Nutrition Research Center \(CNRC\)](#)
 1. [Publications](#)



USDA Human Nutrition Research Round Up

- 6 Human Nutrition Research Centers
 - Published research
 - Current research
- National program goals



Nutrition.gov



About Nutrition.gov

October 2003:

USDA determined a need for a clearinghouse containing information related to obesity prevention.

2004-Present:


Nutrition.gov continues to regularly review, update, and enhance website in collaboration with other Federal agencies.

November 2004:

Nutrition.gov goes live!




Credible Content for the Public




Nutrition.gov
U.S. DEPARTMENT OF AGRICULTURE




Español

Search 

[HOME](#) [ABOUT US](#) [TOPICS ▾](#) [RECIPES](#) [USDA - REE](#) [FAQS](#) [CONTACT US](#)

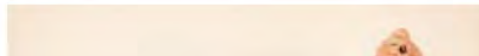




- All Topics
- Nutrition by Age
- Basic Nutrition
- Diet and Health Conditions
- Dietary Supplements
- Food Assistance Programs
- Healthy Living and Weight
- Shopping, Cooking and Food Safety
- What's In Food

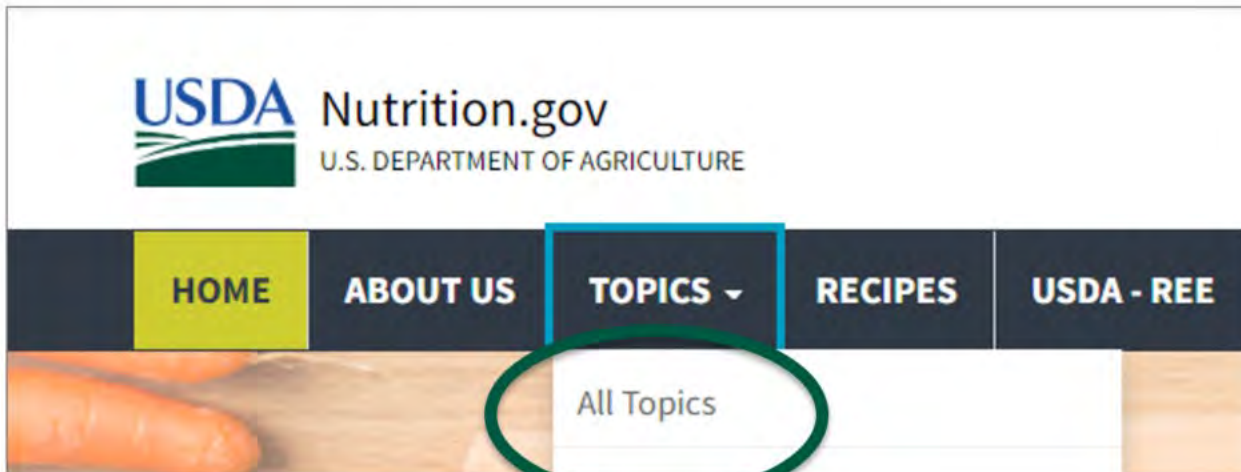


Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices.

Trending Topics



Navigating Nutrition.gov



 <h3>Nutrition by Age</h3> <ul style="list-style-type: none">InfantsToddlersChildrenTeensMenWomenOlder Individuals	 <h3>Basic Nutrition</h3> <ul style="list-style-type: none">Eating for Exercise and SportsEating VegetarianHealthy EatingMyPlate ResourcesOnline ToolsPrintable Materials and Handouts
 <h3>Diet and Health Conditions</h3> <ul style="list-style-type: none">AIDS/HIVCancerDiabetesDigestive DisordersEating DisordersFood Allergies and IntolerancesHeart HealthHigh Blood PressureKidney DiseaseOsteoporosisOverweight and Obesity	 <h3>Dietary Supplements</h3> <ul style="list-style-type: none">Dietary Supplements for AthletesHerbal SupplementsSafety and Health ClaimsVitamin and Mineral Supplements
 <h3>Food Assistance Programs</h3> <ul style="list-style-type: none">Child Nutrition ProgramsFood Distribution ProgramsNutrition Programs for SeniorsSupplemental Nutrition Assistance Program (SNAP)WIC - Women, Infants, and Children	 <h3>Healthy Living and Weight</h3> <ul style="list-style-type: none">Body ImagePhysical ActivityStrategies for SuccessWeight Management for YouthWhat You Should Know About Popular Diets
 <h3>Shopping, Cooking and Food Safety</h3> <ul style="list-style-type: none">Emergency Food SuppliesCulture and FoodFarmers MarketsFood LabelsFood Shopping and Meal PlanningFood Storage and PreservationMeal Prep and Cooking TipsRecipe Collection	 <h3>What's In Food</h3> <ul style="list-style-type: none">CarbohydratesFatsFiberFood Additives and CompoundsPhytonutrientsProteinsSalt and SodiumVitamins and Minerals

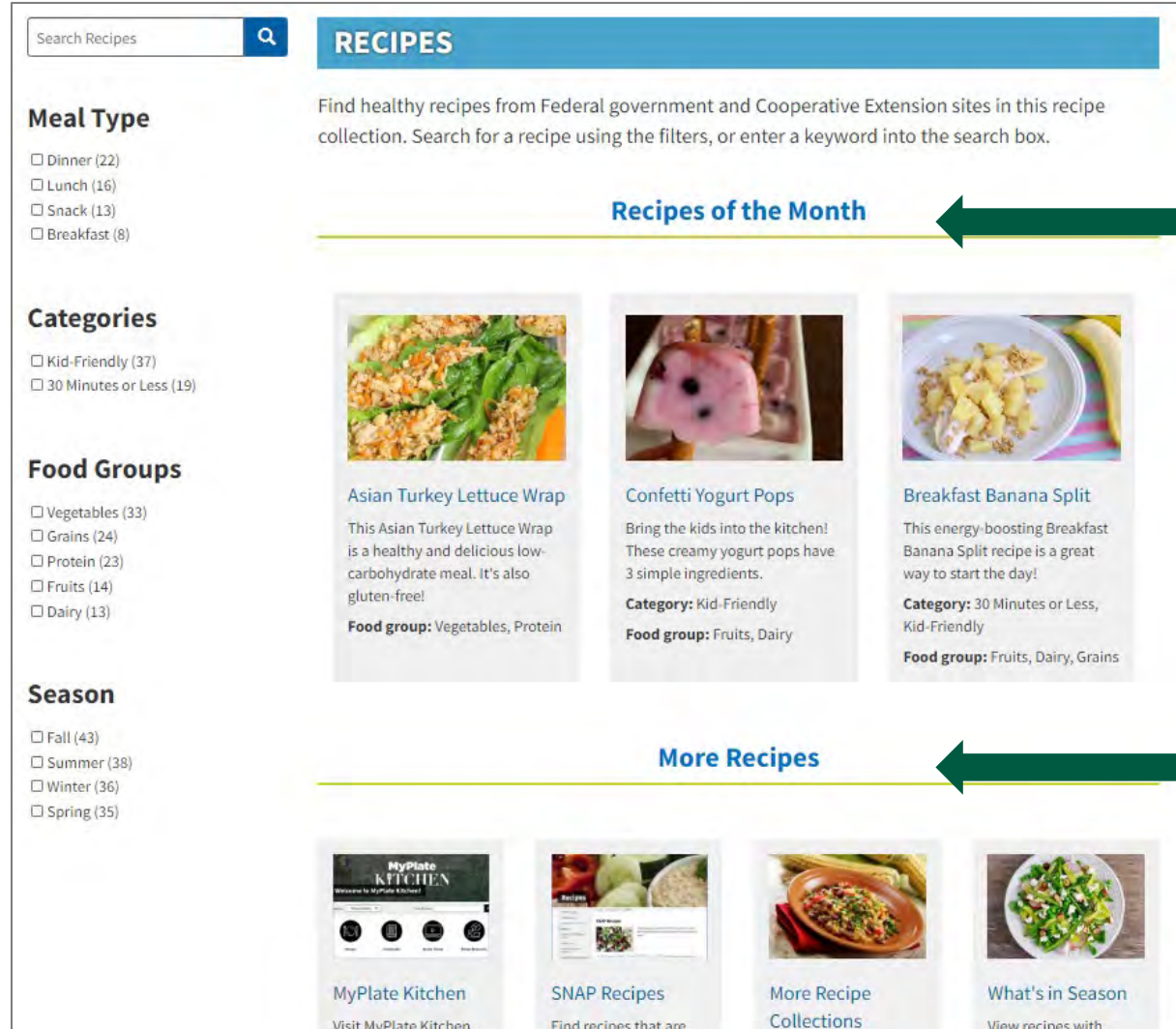
Healthy Recipes

Search
or filter



Example Recipes:

- Tortilla Cups with Eggs
- Asian Turkey Lettuce Wrap
- Broccoli Potato Soup
- Chicken Enchiladas
- Healthy Carrot Cake Cookies



The screenshot shows the 'Healthy Recipes' website interface. At the top, there is a search bar labeled 'Search Recipes' and a blue header with the word 'RECIPES'. Below the header, a text box explains: 'Find healthy recipes from Federal government and Cooperative Extension sites in this recipe collection. Search for a recipe using the filters, or enter a keyword into the search box.'

On the left side, there are three filter sections:

- Meal Type:**
 - ☐ Dinner (22)
 - ☐ Lunch (16)
 - ☐ Snack (13)
 - ☐ Breakfast (8)
- Categories:**
 - ☐ Kid-Friendly (37)
 - ☐ 30 Minutes or Less (19)
- Food Groups:**
 - ☐ Vegetables (33)
 - ☐ Grains (24)
 - ☐ Protein (23)
 - ☐ Fruits (14)
 - ☐ Dairy (13)
- Season:**
 - ☐ Fall (43)
 - ☐ Summer (38)
 - ☐ Winter (36)
 - ☐ Spring (35)

The main content area features a section titled 'Recipes of the Month' with three recipe cards:

- Asian Turkey Lettuce Wrap:** Includes a photo of the wrap. Description: 'This Asian Turkey Lettuce Wrap is a healthy and delicious low-carbohydrate meal. It's also gluten-free!' Food group: Vegetables, Protein.
- Confetti Yogurt Pops:** Includes a photo of the pops. Description: 'Bring the kids into the kitchen! These creamy yogurt pops have 3 simple ingredients.' Category: Kid-Friendly. Food group: Fruits, Dairy.
- Breakfast Banana Split:** Includes a photo of the split. Description: 'This energy-boosting Breakfast Banana Split recipe is a great way to start the day!' Category: 30 Minutes or Less, Kid-Friendly. Food group: Fruits, Dairy, Grains.

Below this is a section titled 'More Recipes' with four links and corresponding images:

- MyPlate Kitchen:** Visit MyPlate Kitchen
- SNAP Recipes:** Find recipes that are
- More Recipe Collections:**
- What's in Season:** View recipes with

New or
featured
recipes



Cookbooks
and recipe
collections



Meal Prep and Cooking Tips

Learn how to prepare foods using common, healthy cooking methods.



[Heart-Healthy Cooking FAQs](#)

HHS, National Institutes of Health, National Heart, Lung, and Blood Institute

Read how to perform common food prep techniques, including zesting lemons and wrapping eggrolls.

[Cooking Local Foods](#)

North Carolina State Extension

Use these videos and tips to learn basic kitchen skills for cooking healthy foods. Topics include:

- [Herbs and Seasonings](#)
- [Knife Skills](#)
- [Roasting](#)
- [Sautéing and Stir-Frying](#)
- [Steaming](#)
- [Thermometer Basics](#)

[Ingredient Substitutions](#)

North Dakota State University Extension Service

Are you missing an ingredient for your recipe? View what you can use as a replacement. (PDF | 143 KB)

Activities for Kids



KIDS' CORNER

Teach children the importance of nutrition and physical activity using interactive websites and games.

- Activity sheets
- Coloring pages
- Food jokes
- Online games
- Songs and videos

KIDS IN THE KITCHEN

Have fun with children in the kitchen and keep them safe with these recipes and resources on food safety and cooking.

- Cooking activities
- Meal help ideas
- Kid-friendly recipes
- Videos

PHYSICAL ACTIVITY

Find information and resources related to physical activity and weight management.

[Exercise Examples and Videos](#)

View sample exercise routines and videos. Remember to start slow if you are new to exercise, and talk to your doctor if you have concerns.

[Tools for Getting and Staying Active](#)

Explore tools to help you with your physical activity goals, including exercise planners, logs and progress tests.

[10 Tips: Physical Activity at Home, Work and Play](#)

USDA, Center for Nutrition Policy and Promotion

10 tips for becoming more active as a family. Also available in Spanish.

[Tips for Increasing Physical Activity](#)

USDA, Center for Nutrition Policy and Promotion

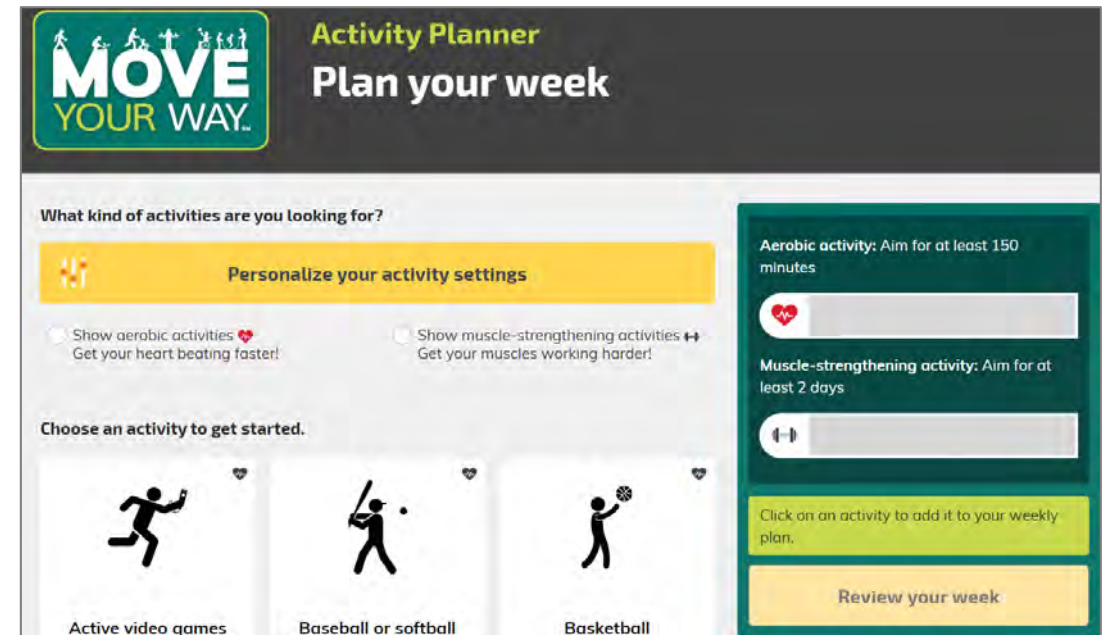
Different ways to increase physical activity at home, at work, and at play.

[Move Your Way](#)

HHS, Office of Disease Prevention and Health Promotion

Move Your Way is a physical activity campaign from the U.S. Department of Health and Human Services (HHS) to promote the recommendations from the Physical Activity Guidelines for Americans.

Physical Activity

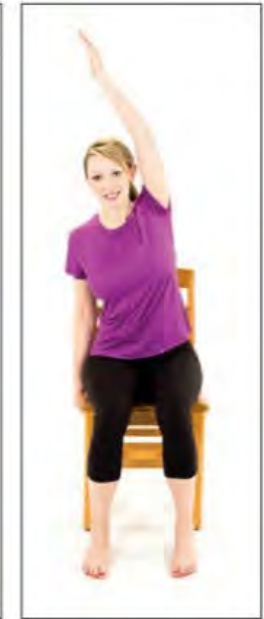


The screenshot shows the 'MOVE YOUR WAY' Activity Planner interface. At the top, the logo 'MOVE YOUR WAY' is on the left, and the title 'Activity Planner Plan your week' is on the right. Below the logo, a yellow button says 'Personalize your activity settings'. Underneath, there are two checkboxes: 'Show aerobic activities' (with a heart icon) and 'Show muscle-strengthening activities' (with a double-headed arrow icon). Below these, a section titled 'Choose an activity to get started.' shows three activity cards: 'Active video games' (with a person running icon), 'Baseball or softball' (with a person batting icon), and 'Basketball' (with a person shooting a ball icon). On the right side, there are two progress bars: 'Aerobic activity: Aim for at least 150 minutes' and 'Muscle-strengthening activity: Aim for at least 2 days'. At the bottom right, there is a green button that says 'Click on an activity to add it to your weekly plan.' and a yellow button that says 'Review your week'.

Healthy Habits in Action!

Side Bend

1. From Mountain Pose, inhale and raise your right arm overhead with the palm facing inward and fingers pointed upward.
2. Rest your left hand on the chair seat for stability.
3. Slowly exhale and gently lean to the left. Keep a slight bend in both elbows.
4. Inhale and return to center.
5. Exhale and lower your right arm.
6. Repeat on the other side.



Gluteal Stretch

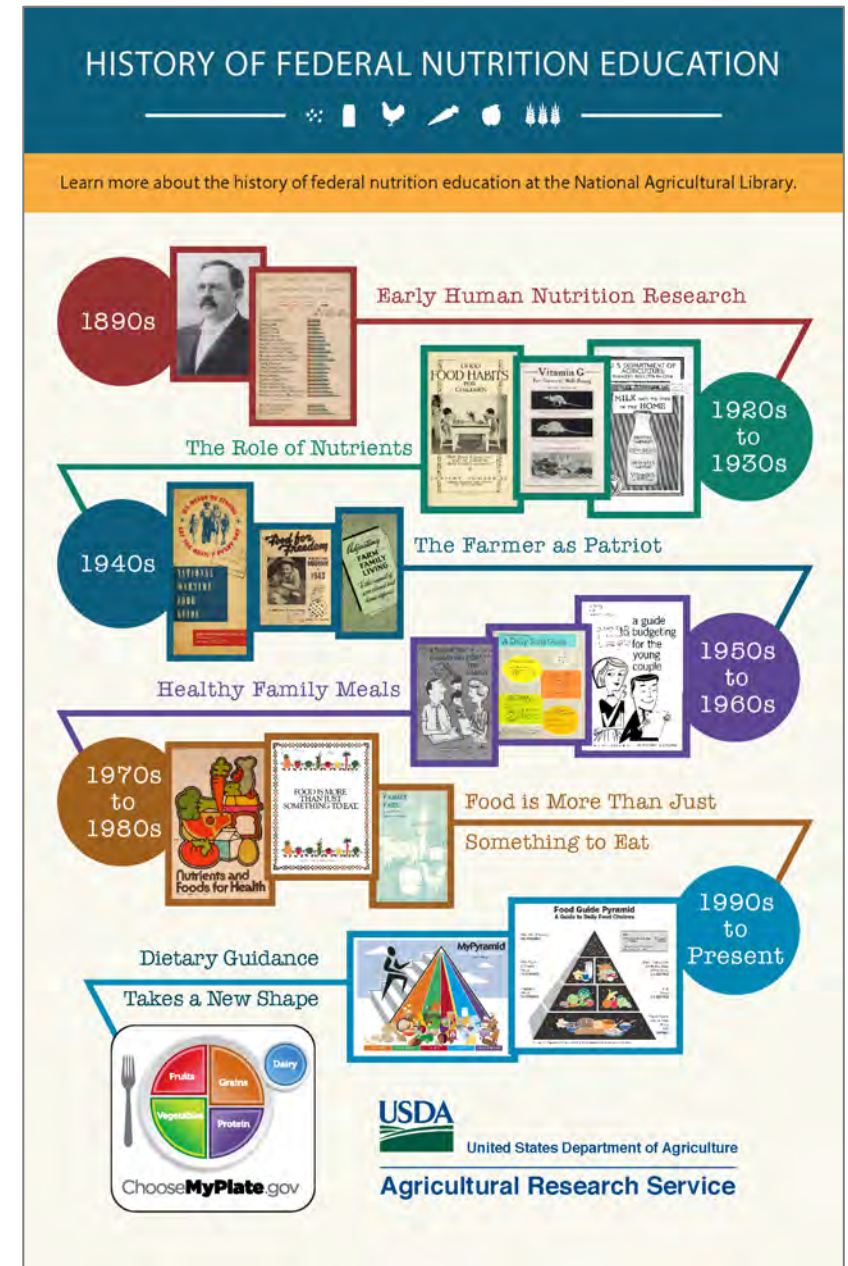
1. From Mountain Pose, place your right ankle on top of your left thigh just behind your knee.
2. Rest your right hand on your right knee and your left hand on your right ankle.
3. Hold for 3-5 breaths.
4. Repeat on the other side.

*If this is too difficult, keep both feet on the floor and cross your ankles.
For a more intense stretch, lean slightly forward. Keep the back straight.



Historical Dietary Guidance Digital Collection

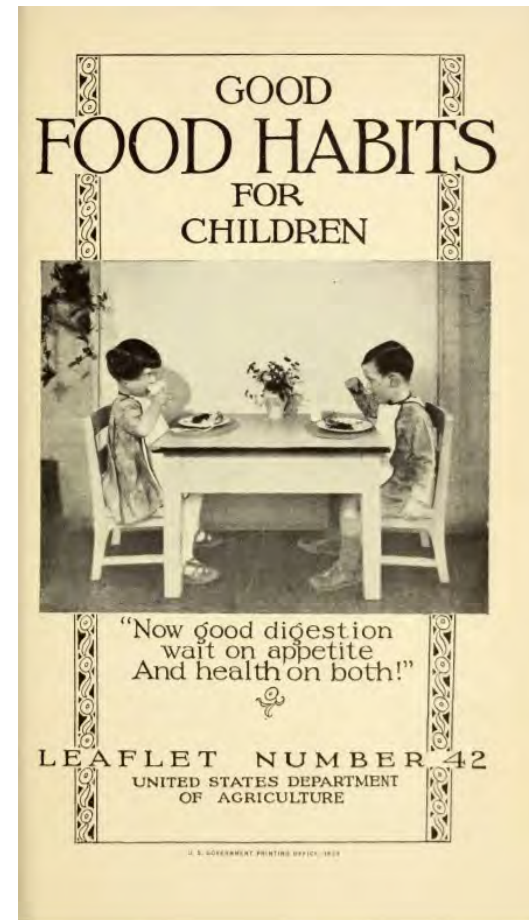
Discover and research the history of
nutrition education and dietary advice.



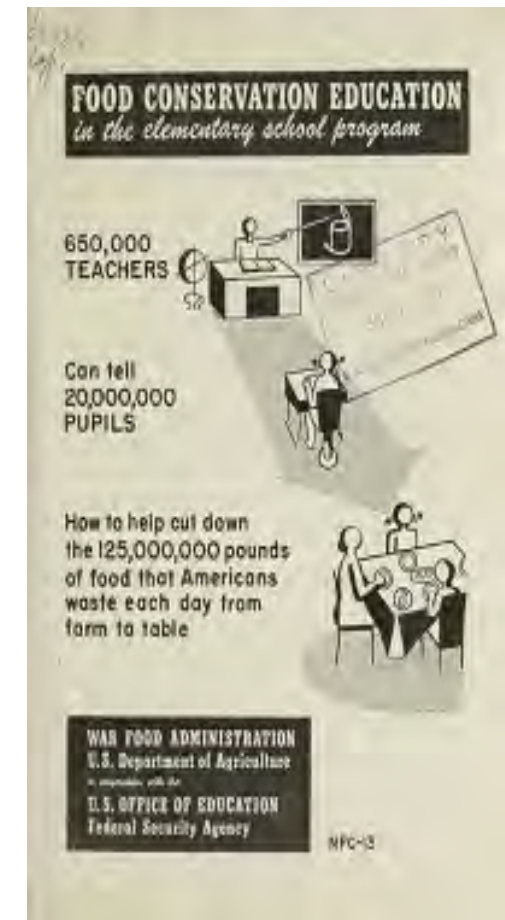
Early History of U.S. Nutrition Education



1917



1929



1944

Stay Connected



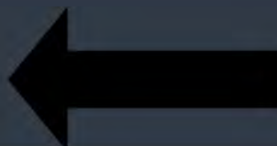
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National Agricultural Library
United States Department of Agriculture



Food and Nutrition Updates

June 2020

Support your health with good nutrition while spending less money. [Nutrition.gov](https://www.nutrition.gov) has resources to help you get the best price on produce and cook tasty, low-cost recipes while staying at home to protect yourself and others and slow the spread of COVID-19. Fit fruits and vegetables into your food budget with these 3 tips:

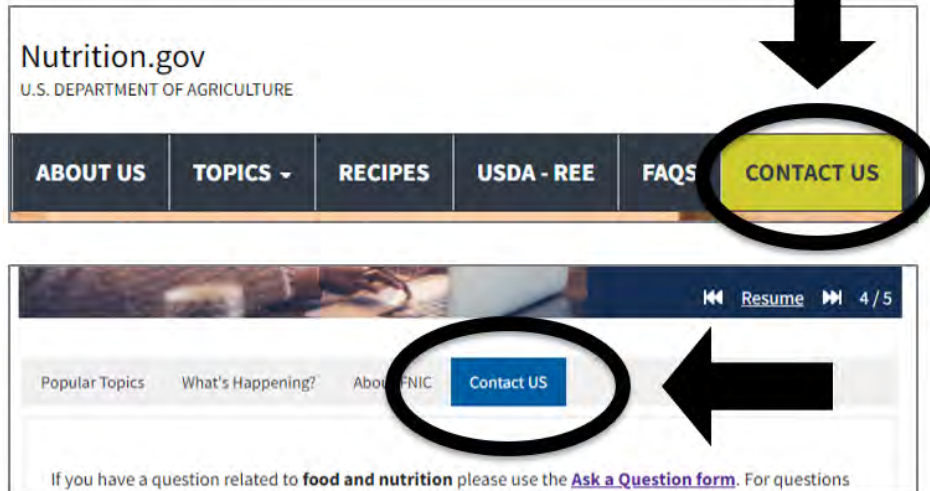
1. Plan before you shop.

Whether you are getting groceries delivered or going to the store, meal planning can help you to stay within your food budget. It makes it easier to buy only what you need, so your fruits and veggies do not go bad before you use them. Plus, if you are visiting the grocery store, you can keep your



CONTACT

Registered Dietitians



CONTACT US

Nutrition.gov staff are experienced Registered Dietitians who work at USDA's National Agricultural Library as Nutrition Information Specialists. They are available to answer food and nutrition questions. Questions and comments can be provided via email and you will receive a response to your inquiry.

Please note that we are unable to provide nutrition advice. See our [FAQ page](#) for information on how to get nutrition advice.

[Ask new question](#) [Check existing question](#) [Comments](#)

Please complete the applicable fields and **Submit**
Note - the ✓ symbol indicates a required field.

Your Information

Name

E-mail ✓

Your Question

Nutrition Topics

Question text ✓

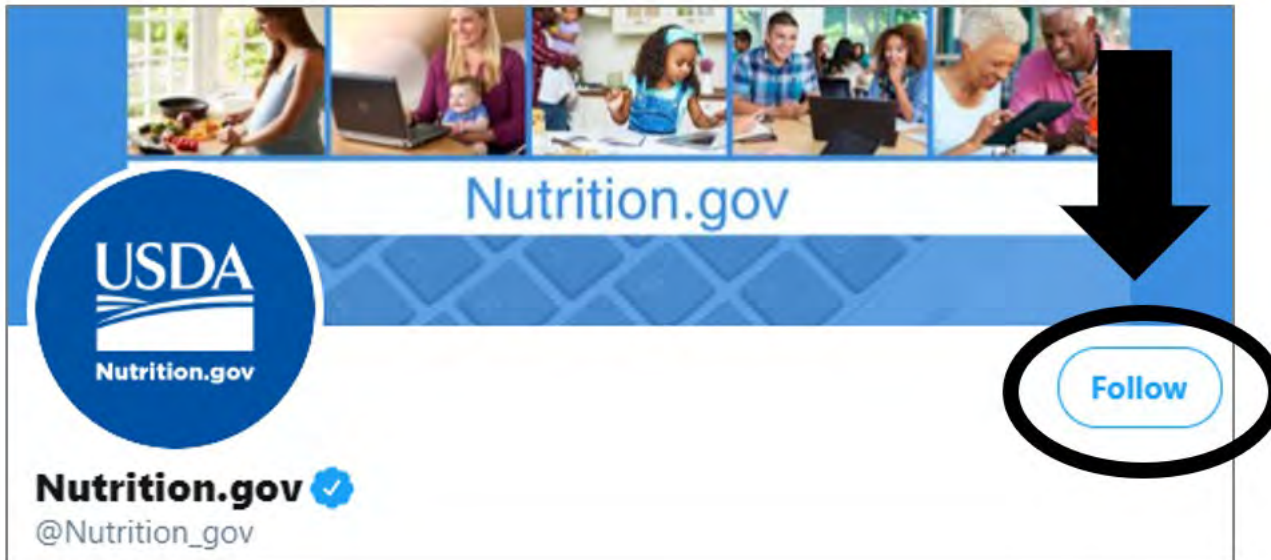
Attach files

If you choose to attach a file, you will be redirected to another screen to upload your file.

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Visit Us in the SNEB Online Exhibit Hall!

Nutrition.gov (USDA)

<https://www.sneb.org/2020>



Thank you!

FNIC: <https://www.nal.usda.gov/fnic>

Nutrition.gov: <https://www.nutrition.gov>

Historical Dietary Guidance Digital Collection:
https://naldc.nal.usda.gov/historical_dietary_guidance_digital

