

[Nutrition.gov](https://www.nutrition.gov/)

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Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Nutrition.gov was launched in 2004 as part of the USDA's Obesity Intervention Plan. It is funded by the Research, Education and Economics (REE) mission area of USDA.

Nutrition.gov is being updated on an ongoing basis by a staff of Registered Dietitians at the Food and Nutrition Information Center (FNIC) located at the National Agricultural Library (NAL), Agricultural Research Service (ARS), U.S. Department of Agriculture (USDA). The website receives content guidance from a working group that consists of scientific experts in food and nutrition within USDA and the U.S. Department of Health and Human Services (HHS).

Learn More About our Popular Topics:

[Basic Nutrition](#)



- Explore resources, tools, and printable materials on food and nutrition for healthy adults.
- See tips and get practical resources on topics such as healthy eating, vegetarian diets, foods for athletes, and more.
- Visit other sections of the website for information on additional topics including food shopping, meal planning, coronavirus and food, dietary supplements, and what's in food.

[Nutrition by Age](#)



- View resources on nutrition and health for every stage of life, from infants to older adults.
- Teach kids about healthy eating with games, coloring books, and MyPlate materials from our Children's page.

[Recipes](#)



- Select from more than 50 recipes from the Federal government and Cooperative Extensions.
- Customize your meal plan by searching for meal types, food groups, and seasons.

To receive updates about Nutrition.gov via GovDelivery, please click on the hyperlink below, enter your email address, and be sure to select *USDA National Agricultural Library, Food & Nutrition Updates* to subscribe:

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Food and Nutrition Information Center (FNIC)

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

Food and Nutrition Information Center (FNIC) serves the professional community, including educators, health professionals and researchers, by providing access to a wide range of trustworthy food and nutrition resources from both government and non-government sources.

The Food and Agriculture Act of 1977 (Farm Bill) established the Food and Nutrition Information and Education Resources Center (later known as the Food and Nutrition Information Center, or FNIC) as a permanent entity within the National Agricultural Library at the USDA.

FNIC's Popular Topics:



VITAMINS per 100g	ENERGY 52 Kcal/100g	MINERALS per 100g
B ₁ - 0.017 mg	 <p>WATER - 88.56g FLUORIDE - 3.77ug FAT - 0.17g PROTEIN - 0.26g CARBOHYDRATES - 13.31g</p>	K - 107 mg
B ₂ - 0.026 mg		P - 11 mg
B ₃ - 0.091 mg		Ca - 6 mg
B ₅ - 0.061 mg		Mg - 5 mg
B ₆ - 0.041 mg		Na - 1 mg
B ₉ - 3 µg		Fe - 0.12 mg
C - 4.6 mg		Zn - 0.04 mg
E - 0.18 mg		Mn - 0.035 mg
K - 2.2 µg		
A - 3 µg		
betacar. - 27 µg		
bet,xanth. - 29 µg		

Nutrition and Food Safety Education

- Choose from a variety of nutrition education curricula, lesson plans, and activities for audiences from pre-school to high school age children and beyond.
- Discover trusted resources that are selected by a team of registered dietitian to present credible nutrition information.

DRI Calculator for Healthcare Professionals

- This tool calculates daily nutrient recommendations based on the Dietary Reference Intakes (DRIs).
- Generate a personalized report of your Body Mass Index (BMI), estimated daily calorie needs in addition to the recommended intakes of macronutrients, vitamins, and minerals based on DRI data.

Food Composition

- Discover multiple sources detailing what's in food, including, FoodData Central, What We Eat in America, and Total Diet Study.
- Find 36 lists of food sources ranked highest to lowest for macronutrient, phytonutrient, vitamin, and mineral content from the Standard Reference Legacy (2018).

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