



Nutrition.gov

U.S. DEPARTMENT OF AGRICULTURE

Nutrition.gov serves as a gateway to reliable resources on food, healthy eating, physical activity and food safety.

Find these topics and more:

- Basic nutrition
- Diet and health conditions
- Dietary supplements
- Food assistance programs
- Healthy living and weight
- Recipes
- What's in food

The screenshot shows the Nutrition.gov website homepage. At the top, it features the USDA logo and the text "Nutrition.gov U.S. DEPARTMENT OF AGRICULTURE". A navigation menu includes links for HOME, ABOUT US, TOPICS, RECIPES, USDA - REE, FAQs, and CONTACT US. Below the menu is a large banner image with five smaller photos: a pregnant woman in a kitchen, a woman with a baby using a laptop, a group of people in a meeting, a man with a shopping basket, and an elderly couple looking at a tablet. A search bar is located in the top right corner. Below the banner, a text block states: "Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices." A section titled "Trending Topics" features three cards: "Food Safety On the Go" with an image of a woman packing a grocery bag, "Seasonal Recipes" with an image of a bowl of roasted root vegetables, and "Kids' Corner" with an image of a family in a kitchen.

An official website of the United States government. Here's how you know. ▼

USDA Nutrition.gov
U.S. DEPARTMENT OF AGRICULTURE

Español

Search

HOME ABOUT US TOPICS - RECIPES USDA - REE FAQs CONTACT US

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

Trending Topics

Food Safety On the Go

Find food safety tips for food delivery, grocery shopping, and packing food to go on this new page.

Seasonal Recipes

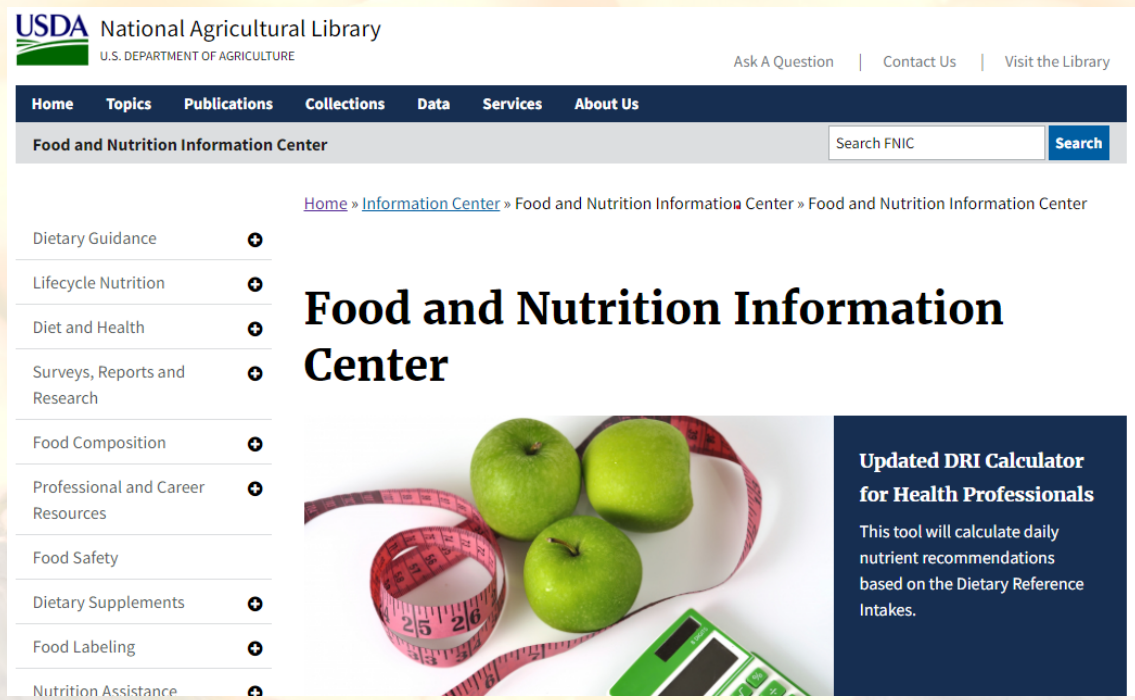
September is National Potato Month! Bring out the flavor of potatoes and other seasonal produce in this Roasted Root Vegetables recipe.

Kids' Corner

Teach your kids about healthy eating with these activities, games, and videos.

Looking for nutrition information for educators, health professionals, and researchers?

Visit the Food and Nutrition Information Center:
<https://www.nal.usda.gov/fnic>



The screenshot shows the USDA National Agricultural Library website. The header includes the USDA logo, "National Agricultural Library", and "U.S. DEPARTMENT OF AGRICULTURE". Navigation links include "Ask A Question", "Contact Us", and "Visit the Library". A dark blue navigation bar contains "Home", "Topics", "Publications", "Collections", "Data", "Services", and "About Us". Below this is a search bar for "Food and Nutrition Information Center" with a "Search FNIC" input field and a "Search" button. The main content area features a breadcrumb trail: "Home » Information Center » Food and Nutrition Information Center » Food and Nutrition Information Center". A left sidebar lists various topics with expandable icons: Dietary Guidance, Lifecycle Nutrition, Diet and Health, Surveys, Reports and Research, Food Composition, Professional and Career Resources, Food Safety, Dietary Supplements, Food Labeling, and Nutrition Assistance. The main heading is "Food and Nutrition Information Center". Below the heading is a featured image of three green apples, a red measuring tape, and a green calculator. To the right of the image is a dark blue box with white text: "Updated DRI Calculator for Health Professionals" and "This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes."



Visit us:

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



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Ask an Expert:

<https://www.nutrition.gov/contact-us>

Historical Dietary Guidance Digital Collection

Learn about the history of dietary advice and nutrition education in this free, online collection.

[https://naldc.nal.usda.gov/historical dietary guidance digital](https://naldc.nal.usda.gov/historical-dietary-guidance-digital)

Find posters, radio transcripts, pamphlets, and newsletters, on these topics and more:

Food waste & conservation

World War nutrition

Food groups & ingredients

Cooking, canning & preserving

Recipes

Food budgeting

Menu planning

Food safety