

## 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:**



#### 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.

VITAMINS per 100g	ENERGY 52 Kcal/100g	MINERALS per 100g
B <sub>1</sub> - 0.017 mg		K - 107 mg
B <sub>2</sub> - 0.026 mg		P - 11 mg
B <sub>3</sub> - 0.091 mg		Ca - 6 mg
B <sub>5</sub> - 0.061 mg		Mg - 5 mg
B <sub>6</sub> - 0.041 mg		Na - 1 mg
B <sub>9</sub> - 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 - 29 µg		
betaxanth - 29 µg		
	WATER - 88.56 g	
	FLUORIDE - 3.3 µg	
	FAT - 0.17 g	
	PROTEIN - 0.26 g	
	CARBOHYDRATES - 13.31 g	

#### 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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