

## [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.



#### [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](#)

- Would you like to find healthy recipes from Federal government and Cooperative Extension sites in this recipe collection?
- Create a recipe, searching for different meals types, categories, food groups, and seasons or based on keywords of your choice.

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