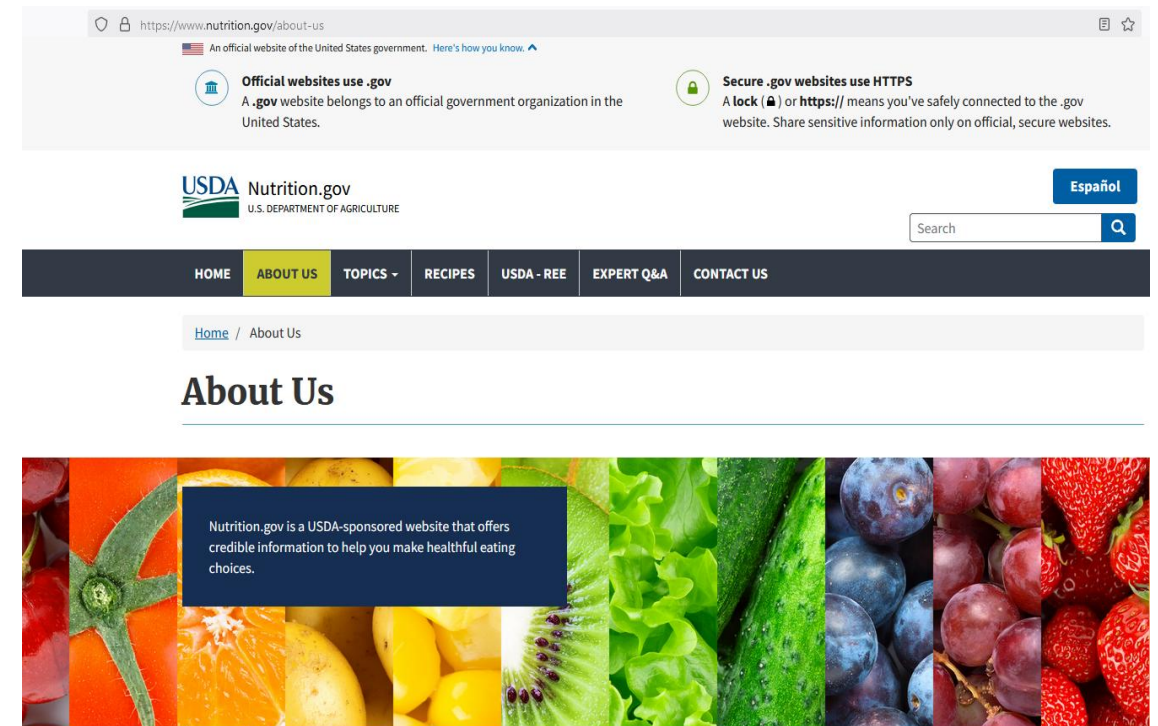


A vibrant collage of various fruits and vegetables, including tomatoes, bell peppers, avocados, blueberries, kiwi slices, almonds, and ginger, arranged on a dark background. The image is a high-quality, top-down view of a diverse selection of fresh produce. In the center, there's a large, halved avocado showing its green flesh and brown pit. Surrounding it are several ripe red tomatoes, some whole and some sliced. Bright orange bell peppers are scattered throughout. A heart-shaped white bowl is filled with fresh red raspberries, and another heart-shaped bowl contains plump blueberries. Slices of green kiwi fruit are arranged in a white bowl at the bottom right. Other items include a bunch of green celery, a piece of ginger root, a whole garlic bulb, and a bowl of almonds. The background is a dark, textured surface, making the colors of the produce stand out. The overall composition is visually appealing and emphasizes the freshness and variety of the ingredients.

Overview of Nutrition.gov

- What is [Nutrition.gov](https://www.nutrition.gov)?
- **Purpose:**
 - Launched in 2004 as part of the USDA's Obesity Intervention Plan.
 - A portal for trusted, science-based nutrition information.
 - Aimed at improving public health and promoting informed dietary choices.
 - The site is updated on an ongoing basis by a staff of Registered Dietitians at the Food and Nutrition Information Center (FNIC).
- **Content Highlights:**
 - Nutrient databases and dietary guidelines.
 - Tools for meal planning and recipe ideas.
 - Resources on food safety and healthy eating habits.
- **Data Sources:**
 - Information primarily sourced from the USDA and other U.S. government agencies such as NIH, National Institutes of Health.



Features and Usage

•Nutrient Information and Data Sources

•Detailed Nutrient Profiles:

- Provides in-depth information on vitamins, minerals, and macronutrients.
- Includes dietary recommendations tailored to age, gender, and activity levels.

•Primary Data Sources:

- USDA National Nutrient Database.
- MyPlate resources for practical guidance on balanced eating.

•How to Use the Resource

•Navigation:

- Explore tab “topics” to give you a list of subtopics like basic nutrition, dietary supplements, and more.

•Interactive Tools:

- Recipe finder for meal ideas based on dietary preferences.
- Lets check DRI calculator (go to Topics, then Basic nutrition, click on online tool then DRI calculator).

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



Free vs. Paid Access

- **Access Features**

- ***Entirely Free to Access:***

- All tools and resources on Nutrition.gov are available at no cost.
- No subscription or registration required.

- ***Public Accessibility and Education:***

- Designed to serve as a freely available resource for the general public, educators, and health professionals.
- Emphasis on promoting informed dietary decisions and improving public health.
- *The picture indicates free access recipes*

[Home](#) / [Recipes](#)

Recipes

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.

Recipes of the Month



Whole-Wheat Quick Bread

Use this homemade whole wheat bread for an appetizer, sandwich, or toast.

Category: Kid-Friendly

Food group: Grains



Easy Bean Soup

Cook a healthy meal in less than 10 minutes with pantry staples.

Category: 30 Minutes or Less, Kid-Friendly

Food group: Vegetables, Protein, Dairy

Cuisine: Vegetarian



Healthy Carrot Cake Cookies

Share this healthy carrot cake cookie recipe with family and friends. Children love it!

Category: Kid-Friendly

Food group: Fruits, Vegetables, Grains

[More Recipes](#)

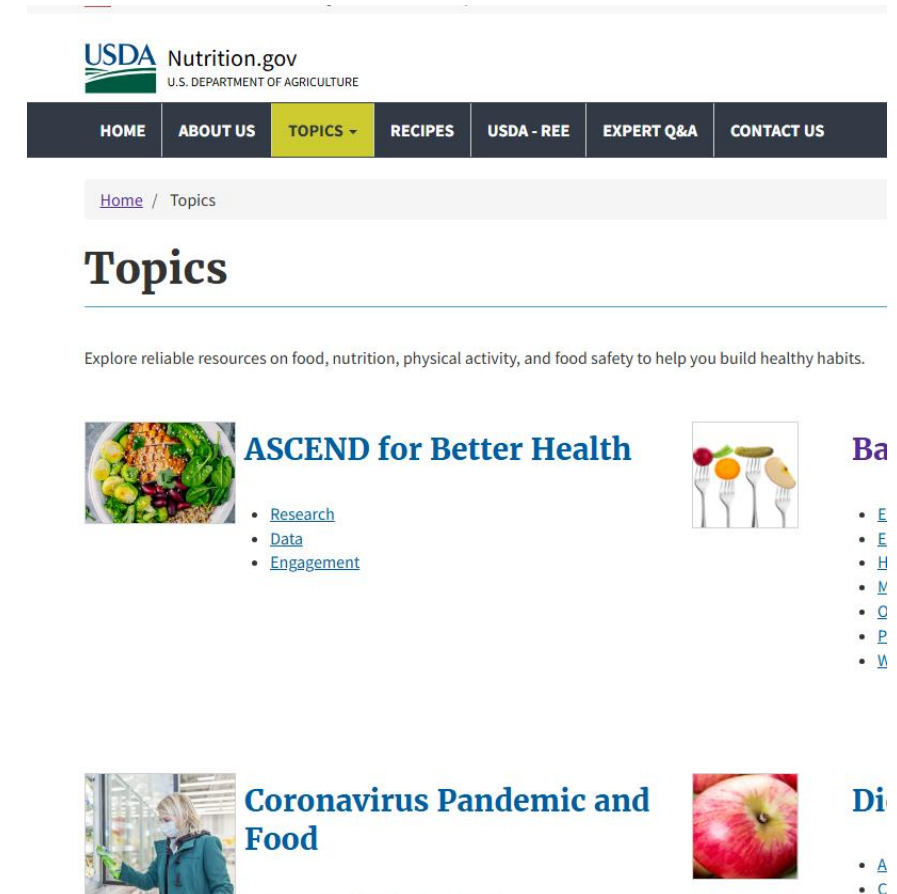
Pros and Cons

- **Pros**

- ***Reliable, Evidence-Based Information:***
 - Backed by trusted sources like USDA and government agencies.
 - Updated with the latest dietary guidelines and recommendations.
- ***Comprehensive Tools for Dietary Needs:***
 - Covers a wide range of topics, from meal planning to food safety.
 - Interactive features support diverse dietary preferences and goals.
- ***User-Friendly Layout:***
 - Simple navigation with clear tabs and tools for quick access.

- **Cons**

- ***Limited Advanced Features for Professionals:***
 - May lack the depth required for specialized research or clinical use.
- ***No Customizable Data Export Options:***
 - Users cannot export personalized plans or detailed nutrient data.



Critique and Recommendation

- Critique

- **Strengths:**

- Easily accessible to anyone with an internet connection.
 - Covers a broad range of nutrition-related topics and tools.
 - Uses data from reliable, government-backed sources like the USDA.

- **Weaknesses:**

- Limited functionality for advanced research or professional applications.
 - Lacks features such as detailed analytics or data customization.

- Recommendation

- **Target Audience:**

- Highly beneficial for students, educators, and the general public seeking reliable nutrition guidance.

- **Advanced Needs:**

- Recommend using professional-grade resources (e.g., PubMed, scientific journals) for in-depth research.

- **Discussion Prompt:**

- “Have you used Nutrition.gov or similar resources?”
 - “What nutrition tools do you find most helpful for your needs?”

Search

USDA - REE


EXPERT Q&A

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Recipe Search

displaying 1 - 24 of 70 recipes



Three Sisters Salad


Shredded corn, Scallions (tu-ya), and Cabbage (wa-gi-ga) are the three main ingredients that make up this version of Three Sisters salad. This low-sodium recipe also provides calcium, potassium, protein, iron and fiber. Three Sisters Salad is a perfect crowd-pleasing side dish to bring to potlucks, family get-togethers, weekend barbecues or a just a



Maple Brined Pork Chops

Pork and peaches are the perfect pairing for your next BBQ. This sweet and savory maple brined pork chops recipe will become a summer staple.

Food group: Fruits, Protein



Sheet Pan Sausage and Veggie Bake

Enjoy a healthy dinner in less than 40 minutes filled with colorful vegetables and lean chicken sausage.

Category: Kid-Friendly

Food group: Vegetables, Protein

Conclusion

- Nutrition.gov is an excellent, free resource for trusted nutrition and health information.
- It's especially valuable for those seeking evidence-based content from reliable government sources.

Thank you!

“Explore [Nutrition.gov](https://www.nutrition.gov) today”



References

Nutrition.gov. (n.d.). Home. U.S. Department of Agriculture. <https://www.nutrition.gov/>

