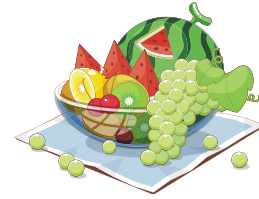


## Nutrition Research Resources

*(These are in addition to the resources suggested by Mrs. Murphy. These sites have reliable, fact-checked information).*



<http://ndb.nal.usda.gov/> **USDA National Nutrient Database for Standard Reference**

“Find nutrient information on over 8,000 foods using this new and improved search feature. You can now search by food item, group, or list to find the nutrient information for your food items. In addition, you can now access the [USDA Ground Beef Calculator](#) from the same search page.”

<http://fnic.nal.usda.gov/dietary-guidance> **USDA Food and Nutrition Information Center - Dietary**

**Guidance** From dietary guidelines to interactive tools that assess diet plans and much more. This site has lots of resources and tools that will be useful for your assignment.

<http://www.nlm.nih.gov/medlineplus/nutrition.html> **National Institute of Health (NIH) – MedLine Plus**

– **“Nutrition”** (This has extensive resources and links to resources – chosen by medical professionals and medical librarians).