



Looking for resources in Spanish? Discover Nutrition.gov “En Español”!

Find food and nutrition resources in Spanish in this unique section of the Nutrition.gov Web site, created especially for Spanish-speaking consumers. Nutrition.gov “En Español” features links to helpful resources on healthy eating (Nutrición Saludable), weight management (Manejo del Peso), diet and disease (Nutrición y Enfermedades), food preparation (Preparación e Inocuidad de Alimentos), and Federal nutrition assistance programs (Programas de Asistencia Nutricional).

Additionally, you can now find Spanish translations of several of Nutrition.gov’s popular subject spotlights, including:

- Interested In Losing Weight?
- Build a Healthy Diet With Smart Shopping.
- Questions To Ask Before Taking Vitamin and Mineral Supplements.
- Questions & Answers About the Dietary Guidelines for Americans.

Nutrición inteligente empieza aquí.

<http://www.nutrition.gov/espanol>

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Please direct your questions, comments, and feedback via e-mail to info@nutrition.gov. You will receive a response to your inquiry within 5 business days.

Nutrition.gov Staff

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Nutrition.gov is staffed by experienced registered dietitians (RDs) from NAL’s Food and Nutrition Information Center who are available to answer your food and nutrition questions. *Please note that Nutrition.gov staff are unable to provide nutrition advice related to specific individual dietary needs.*



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Smart nutrition starts here.

Providing easy online access to reliable information on food and human nutrition for consumers.

<http://www.nutrition.gov>

United States Department of Agriculture
Agricultural Research Service
National Agricultural Library



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Nutrition.gov is an Internet gateway to reliable information on nutrition, healthy eating, and physical activity from across the Federal Government. The Nutrition.gov Web site is designed to help you answer your nutrition and food-related questions, and can point you to databases, recipes, interactive tools, factsheets, information on Federal Government nutrition programs, and more.

Nutrition.gov is updated frequently with the latest news, and features more than 1,000 links to dependable nutrition information relevant to consumers. Come and see what's new at www.nutrition.gov!



Nutrition.gov brings practical tools to your computer screen. User-friendly navigation allows you to search by subject for the information you want.

- Find the nutrient content of foods on the **“What’s In Food”** page. Follow the link to the USDA Nutrient Data Laboratory’s searchable database to look up the calorie and nutrient content of thousands of foods.
- Confused about how to lose weight and keep it off? Visit the **“Weight Management”** section for tools for a healthy weight control plan. See the related spotlight **“Interested In Losing Weight?”** in this section for more tips and information developed by expert staff at Nutrition.gov.
- Learn to be a smart meal planner, shopper, and cook. Visit the **“Shopping, Cooking & Meal Planning”** page for tips on using food labels, planning and cooking delicious meals, and shopping within your budget.
- Sign up to receive the latest food and nutrition news in your e-mail inbox with Nutrition.gov’s **RSS News Feed**.

Find answers to frequently asked questions:

- What is a “healthy diet”?
- Where can I get information on the amount of calories, fat, protein, and vitamins and minerals in various foods?
- Where can I get information on food labeling?
- How can I get enough nutrients without consuming too many calories?
- How do I know if the nutrition information I find on the Internet is reliable?

Nutrition.gov is a service of the Food and Nutrition Information Center at the USDA National Agricultural Library (NAL).



Where can you go for answers? <http://www.nutrition.gov>