
Notes from the Health Sciences Library - March 3

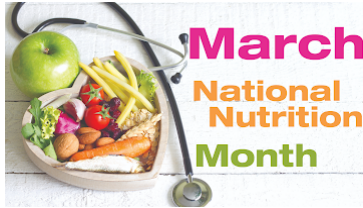
1 message

Mary Cabral <mcabral@clarkson.edu>
To: Mary Cabral <mcabral@clarkson.edu>

Wed, Mar 3, 2021 at 9:39 AM



March is National Nutrition Month!



The [Network of the National Library of Medicine \(NNLM\)](#) (our library is a member of this network!) advances the progress of medicine and promotes the improvement of public health by providing equal access to information to enable people to make informed decisions about their health.

Check out some of the resources on nutrition they recommend:

[Nutrition.gov](#)

This website serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. The site is 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)

[MedlinePlus: Food & Nutrition](#)

A collection of pages linking out to a variety of health and medical topics related to food and nutrition.

[Food for Thought: Exploring Nutrition Information Sources](#)

A one-hour recorded webinar focused on authoritative information on nutrition and related topics. Includes an [extensive guide to nutrition information resources](#).

[ChooseMyPlate](#)

Offers a variety of tools, resources, and recipes, including *Dietary guidelines for Americans 2020-2025*, nutrient details of specific food groups, MyPlate app, fun food quizzes, multilingual nutrition tip sheets and more.

[Food Topics](#)

This FDA website contains a wealth of information on nutrition, dietary supplements, tools for understanding food labels, food safety, [case studies for health professionals](#), and the [Education Resource Library](#)

Mary Cabral

Health Sciences Librarian
Clarkson University Libraries
315-268-4462
mcabral@clarkson.edu

Want to meet with me? [Check my calendar](#) to set up a Zoom meeting.