Agenda

I. About the National Agricultural Library

II. NAL Resources

III. Nutrition Resources:
   i. FNIC
   ii. Nutrition.gov
   iii. FSRIO
   iv. HDGDC

IV. Frequently Asked Questions

https://www.nal.usda.gov
About the National Agricultural Library

• One of five U.S. national libraries
• Houses one of the world’s largest collections devoted to agriculture and its related sciences, with both physical and digital collections
• Eight information centers across such topics as nutrition, food safety, water quality, and animal welfare
• Is a branch of ARS and collaborates with agencies inside and outside of USDA

https://www.nal.usda.gov
NAL’s Resources and Databases

- Ag Data Commons
- AGRICOLA
- Digitop
- PubAg
- NAL Digital Collection (NALDC)
- NAL Thesaurus (NALT)
- NAL Information Centers
Nutrition & Food Safety Resources

- The Food & Nutrition Information Center (FNIC)
- Nutrition.gov
- The Food Safety Research Information Center
- Historical Dietary Guidance Digital Collection
• **History:** Established FNIC by Food and Agriculture Act of 1977 as a permanent entity within NAL. FNIC website established 1995.

• **Audience:** Educator, Health Professional, Researcher

• **Content highlights:** DRI Calculator for Health Professionals, 2015-2020 Dietary Guidelines, FAQ page
DRI Calculator for Healthcare Professionals

This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes (DRIs) established by the Health and Medicine Division of the National Academies of Sciences, Engineering and Medicine. The data represents the most current scientific knowledge on nutrient needs however individual requirements may be higher or lower than DRI recommendations.

By entering height, weight, age, and activity level, you will generate a report of: Body Mass Index, estimated daily calorie needs in addition to the recommended intakes of macronutrients, vitamins, and minerals based on DRI data.

To begin, enter the following data:

Gender
- Male
- Female

Age
- years
- months

Pregnant or Lactating?
- Select -

Height
feet: __________
Inches: __________

Height is not required for children under the age of three years.

Weight
pounds: __________

Activity Level
- Select -

Activity level is not required for children under the age of three years.

Submit Clear form
## DRI Calculator Results

Daily nutrient recommendations are based on the Dietary Reference Intakes (DRIs) by age and gender. Nutrient recommendations based on the DRIs are meant to be applied to generally healthy people of a specific age and gender set. Individual nutrient requirements may be higher or lower than the DRIs. Consult a healthcare professional to determine individual nutrient requirements for those with specific health or medical conditions. Learn more about the DRIs.

When looking at results, keep in mind:

- **DRI amounts are set at levels to meet the nutrient requirements of almost all healthy people.** Each reference value refers to average daily nutrient intake. Some deviation around this average value is expected over a number of days. In fact, nutrient amounts derived from day-to-day intake may vary substantially without ill effect. Access the DRI Reports for in-depth information on using the DRIs for planning and assessing dietary intake, as well as detailed reports on each of the nutrients.
- Foods provide a variety of nutrients and other compounds that have healthful effects. Nutritional needs should be met primarily through eating a variety of foods as outlined in the Dietary Guidelines for Americans, 2015-2020.
- Additional resources:
  - ChooseMyPlate.gov
  - USDA Food Composition Database
  - USDA Food Surveys Research Group
  - Nutrition.gov

### You entered:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>18 yrs</td>
</tr>
<tr>
<td>Height</td>
<td>5 ft. 2 in.</td>
</tr>
<tr>
<td>Weight</td>
<td>143 lbs</td>
</tr>
<tr>
<td>Activity level</td>
<td>Active</td>
</tr>
<tr>
<td>Pregnancy/Lactation status</td>
<td>Not Pregnant or Lactating</td>
</tr>
</tbody>
</table>

### Begin New Calculation

**Results:**

- **Body Mass Index (BMI):** 26.4
- **Estimated Daily Caloric Needs:** 2378 kcal/day

### Macronutrients:

<table>
<thead>
<tr>
<th>Macronutrient</th>
<th>Recommended Intake per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate</td>
<td>260 - 266 grams</td>
</tr>
<tr>
<td>Total Fiber</td>
<td>26 grams</td>
</tr>
<tr>
<td>Protein</td>
<td>55 grams</td>
</tr>
<tr>
<td>Fat</td>
<td>66 - 92 grams</td>
</tr>
<tr>
<td>Saturated fatty acids</td>
<td>As low as possible while consuming a nutritionally adequate diet</td>
</tr>
<tr>
<td>Trans fatty acids</td>
<td>As low as possible while consuming a nutritionally adequate diet</td>
</tr>
<tr>
<td>Monounsaturated Acid</td>
<td>11 grams</td>
</tr>
<tr>
<td>Polyunsaturated Acid</td>
<td></td>
</tr>
</tbody>
</table>
Vitamins and Minerals recommendations are all linked to fact sheets.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Recommended Intake per day</th>
<th>Tolerable UL Intake per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>700 mcg</td>
<td>2,800 mcg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>65 mg</td>
<td>1,800 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>15 mcg</td>
<td>100 mcg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.2 mg</td>
<td>80 mcg</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>15 mg</td>
<td>800 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1 mg</td>
<td>ND</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.4 mcg</td>
<td>ND</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1 mg</td>
<td>ND</td>
</tr>
<tr>
<td>Folate</td>
<td>400 mcg</td>
<td>800 mcg</td>
</tr>
<tr>
<td>Niacin</td>
<td>14 mg</td>
<td>35 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>0.4 g</td>
<td>3 g</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>5 mg</td>
<td>ND</td>
</tr>
<tr>
<td>Biotin</td>
<td>25 mcg</td>
<td>ND</td>
</tr>
<tr>
<td>Carotenoids</td>
<td>NA</td>
<td>ND</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mineral (Elements)</th>
<th>Recommended Intake per day</th>
<th>Tolerable UL Intake per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1,300 mg</td>
<td>3,000 mg</td>
</tr>
<tr>
<td>Chloride</td>
<td>2.3 g</td>
<td>2.6 g</td>
</tr>
<tr>
<td>Chromium</td>
<td>24 mcg</td>
<td>ND</td>
</tr>
<tr>
<td>Copper</td>
<td>890 mcg</td>
<td>9,000 mcg</td>
</tr>
<tr>
<td>Fluoride</td>
<td>3 mg</td>
<td>10 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>150 mcg</td>
<td>900 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>15 mg</td>
<td>42 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>360 mg</td>
<td>350 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>1.6 mg</td>
<td>9 mg</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>43 mcg</td>
<td>1,700 mcg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>1.25 g</td>
<td>4 g</td>
</tr>
<tr>
<td>Potassium</td>
<td>4.7 g</td>
<td>ND</td>
</tr>
<tr>
<td>Selenium</td>
<td>55 mcg</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1.5 g</td>
<td>2.3 g</td>
</tr>
<tr>
<td>Zinc</td>
<td>9 mg</td>
<td>34 mg</td>
</tr>
</tbody>
</table>

Tolerable Upper Limits for each nutrient.

<table>
<thead>
<tr>
<th>Non-Essential</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsenic</td>
<td>NA</td>
<td>ND</td>
</tr>
<tr>
<td>Boron</td>
<td>NA</td>
<td>17 mg</td>
</tr>
<tr>
<td>Nickel</td>
<td>NA</td>
<td>1 mg</td>
</tr>
<tr>
<td>Silicon</td>
<td>NA</td>
<td>ND</td>
</tr>
<tr>
<td>Sulfate</td>
<td>NA</td>
<td>ND</td>
</tr>
<tr>
<td>Vanadium</td>
<td>NA</td>
<td>ND</td>
</tr>
</tbody>
</table>
FNIC Content

Topics:
- Dietary Guidance
- Lifestage Nutrition
- Diet and Health
- Surveys, Reports and Research
- Food Composition
- Professional and Career Advice
- Food Safety
- Dietary Supplements
- Food Labeling
- Nutrition Assistance Programs
- FNIC FAQ
- Quick Links

Listed below are quick links to FNIC's most popular topics and topics of interest. These links rotate frequently so please check back often.

- [2015-2020 Dietary Guidelines for Americans](#)
- [Dietary Reference Intakes](#)
- [Sign up for the FNIC Nutrition Talk Email List](#)
- [USDA Food Composition Databases](#)
- [Agricultural Research Service (ARS) Food and Nutrition Research Briefs](#)
- [DRI Calculator for Healthcare Professionals](#)
- [Food Labeling: Revision of the Nutrition and Supplement Facts Label](#)
- [Evaluating Health Information](#)
History: FNIC revitalized NG in 2004 as a consumer focused source of information with special interest in weight management and obesity.

Audience: General public, patients, students, educators.

Content highlights: MyPlate, Diet and Health and Weight Management.
Nutrition.gov Website Migration

Coming Soon
Quick Access to Featured Resources

- **Featured Resources** on homepage (subject to change):
  - Historical Dietary Guidance Digital Collection
  - USDA Food Composition Databases
  - FoodKeeper
  - USDA REE Resources
• New **Topics** page allows the user to see content at-a-glance

• Clickable titles allow for easy access to information
Nutrition.gov – Browse By Subject

- **Audience** – information for infants to older adults
- **Diet and Health Conditions** – diabetes, heart and kidney disease, etc.
- **Food Assistance Programs** – USDA programs such as WIC, and SNAP
- **Shopping, Cooking, and Food Safety** – find recipes, food storage and safety tips and more
- **Basic Nutrition** – links to healthy eating, eating vegetarian, online tools
- **Dietary Supplements** – find info on various supplements and their relation to health/nutrition
- **Healthy Weight** – resources for reaching/maintaining a healthy weight status
- **What’s in Food** – info on carbs, fats, protein, etc.
New Webpage: *Printable Materials and Handouts*

- Went live on 5/1/2018
- Created in response to frequent requests for materials for health fairs and events
- Lists sources of free and printable nutrition and health related materials for classrooms, health fairs, doctor’s offices, etc.

### Printable Materials and Handouts

#### ChooseMyPlate Printable Materials

**USDA, Center for Nutrition Policy and Promotion.**

The ChooseMyPlate.gov website includes a number of print materials, available as downloadable PDFs. These materials are in the public domain.

#### Food Safety Educational Materials Available for Download

**USDA, Food Safety and Inspection Service.**

This page contains a consolidated listing of consumer education materials offered on the Food Safety and Inspection Service website.

#### Food Fact Cards

**USDA, Center for Nutrition Policy and Promotion.**

These printable infographics are a great way to learn about the fruits and vegetables available at your local farmers market or grocery store. Each card contains fun facts about produce and how local produce fits into MyPlate.

#### MyPlate Activity Sheets for Kids

**USDA, Center for Nutrition Policy and Promotion.**

Want your kids to learn how to build a healthy meal? Use these clever activity sheets to find ideas and tips!

#### Materials for Your Health Fair or Event

**NIDDK, National Institute of Diabetes and Digestive and Kidney Diseases.**

View science-based, patient-friendly, and consumer-friendly fact sheets to hand out at health fairs and community events. Each publication is available in English and Spanish, and provides links to additional information on NIDDK’s web pages.

#### Printables and Shareables

**ODWH, Office on Women’s Health.**

Browse by health topic or resource type to find information for women on a wide range of health topics.

#### Everyday Food Safety Resources for Health Educators

**FASS, Center for Food Safety and Applied Nutrition.**

FDA’s Center for Food Safety and Applied Nutrition developed “Everyday Food Safety” resources to increase food safety awareness among young adults ages 19 – 29. Check out the materials available to use in your classroom, health expo, waiting room, or website.

#### Diabetes Fact Sheets

**Diabetes, Centers for Disease Control and Prevention.**

Printable fact sheets for living with and managing diabetes.

#### New and Improved Nutrition Facts Label (PDF | 475 KB)

**FDA, Food and Drug Administration.**

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a new design, making it easier to make informed choices towards healthy eating habits. Also in Spanish.
Food Safety Research Information Office

- **History**: The Food Safety Research Information Office (FSRIO) was created by the Agricultural Research, Extension and Education Reform Act of 1998 launched in 2001.

- **Audience**: Food Safety Researchers

- **Content highlights**: FSRIO provides quick access to food safety grants and projects, publications and researcher videos.
Food Safety Research Information Office (FSRIO)

• **Mission:** to provide the food safety research community and general public with information on publicly and privately funded food safety research.

• Two key information products:
  
  • **Research Projects Database:** a database of current and archived food safety research projects from U.S. and international agencies.
  
  • **Peer Reviewed Journal Publications Feed:** an automated feed of the latest food safety publications from more than 90 peer-reviewed journals.
Research Projects Database

- Browse food safety categories, commodities, and funding sources from the homepage.

- Dynamic filtering in advance search allows you to choose any combination of categories, food types, and funding agencies.

- New feature allows you to sort by relevance, date, or title.
FSRIO Publications Feeds

https://www.nal.usda.gov/fsrio/research/publications

- Ability to track more than 90 peer-reviewed journals
- Programmed feed that links directly to the journal’s website
- Link to digital publications before print
- Browse by custom food safety topics
- Aggregated into 28 subject-specific feeds
- Sort by USDA or FDA articles

Research Publications from Peer-Reviewed Journals

Quick Links
> Browse by journal
> Browse by subject
> See USDA articles
> See FDA articles

Search

Results

Evaluation of the Gauss-Eyring model to predict thermal inactivation of micro-organisms at short holding times

Wed, 10/11/2017 - 15:46

International Journal of Food Microbiology

Publication date: 18 December 2017, Volume 263 Author(s): R.A.H. Timmermans, H.C. Mastwijk, M.N. Nierop Groot, M.A.J.S. Van Boekel Application of mild (non)-thermal processing technologies have received considerable interest as alternative to thermal pasteurisation, because of its shorter holding time and lower temperature aiming for an improved product quality. To understand and...
Historical Dietary Guidance Digital Collection

• **History**: The Historical Dietary Guidance Digital Collection (HDGDC) combines more than 1,200 documents representing over 100 years of history.

• **Audience**: Researchers, educators, students, health professionals, public.

• **Content highlights**: Users can explore the evolution of nutrition guidance from federal resources.
Enhancement of the Historical Dietary Guidance Digital Collection (HDGDC)

- Better browsing capability with thumbnail images
- More sorting options: ability to sort from oldest to newest

Thumbnail next to description allows for easier searching
HDGDC Infographic

• Displays a timeline of nutrition trends through the decades

• Beginning with early the human nutrition research of Wilbur Atwater, and ends with the more modern MyPlate
Popular items from the collection

1929

GOOD FOOD HABITS FOR CHILDREN

1942

Join the ranks - FIGHT FOOD WASTE in the home

1966

FAMILY FOOD GUIDE

some choices for thrifty families

1943

THE BASIC 7 FOOD GROUPS

1942

FIGHT FOOD WASTE in the home

1942

FAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

1966

everyday eat foods from each group
Requests for handouts:

I work for the Board of Social Services. We have a large waiting room that I’m hoping to put up flyers and posters for our clients to explain, healthy eating, and related nutritional information.

Nutrients in foods:

I was diagnosed with End Stage Renal Disease and must follow a low potassium, low phosphorus diet. I am looking for printed material or a book that lists the potassium and phosphorus levels of foods.

Supplements:

I wanted to reach out to see if you have any information, research or knowledge on increasing magnesium intake which may help to aid iron and copper absorption?
Frequently asked questions from library patrons

Food labels:

I’m dieting to engage in a healthier lifestyle. I’ve noticed a lot of labels list a serving size as “about 10 chips” or list the number of servings as “about 2” per container. What does that mean?

Weight management:

I’m 73 yrs old female and I’m putting on weight. I need help with this.

Creating a Nutrition Facts label:

I am trying to figure out what the checklist/process is for getting a nutrition label put on a sauce me and my partner have created.
Answers to frequently asked questions

FNIC: [https://www.nal.usda.gov/fnic/faq](https://www.nal.usda.gov/fnic/faq)

NG: [https://www.nutrition.gov/faq](https://www.nutrition.gov/faq)

FSRIO: [https://www.nal.usda.gov/fnic/faq](https://www.nal.usda.gov/fnic/faq)
Where to find us

Https://www.nal.usda.gov
Https://www.nal.usda.gov/fnic
www.nutrition.gov
Https://nal.usda.gov/fsrio
Https://naldc.nal.usda.gov/historical_dietary_guidance_digital