



United States Department of Agriculture

**National Agricultural Library**

**USDA National Agricultural Library  
Nutrition and Food Safety Program  
November 27, 2018**



[www.nal.usda.gov](http://www.nal.usda.gov)

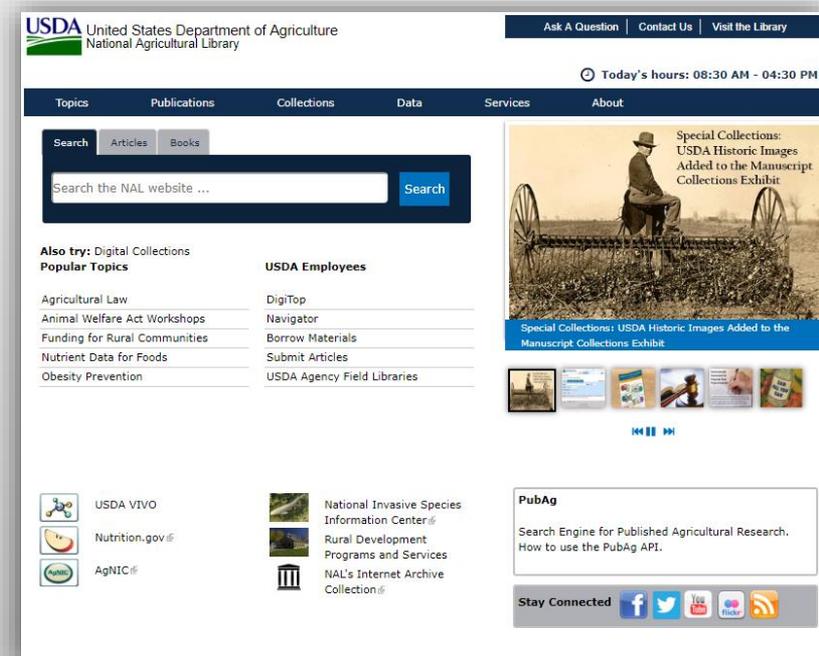


United States Department of Agriculture

## National Agricultural Library

### 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>



United States Department of Agriculture

## National Agricultural Library

# 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

The screenshot shows the homepage of the National Agricultural Library. At the top left is the USDA logo and the text "United States Department of Agriculture National Agricultural Library". To the right are links for "Ask A Question", "Contact Us", and "Visit the Library". Below this is a navigation bar with "Today's hours: 08:30 AM - 04:30 PM" and menu items: "Topics", "Publications", "Collections", "Data", "Services", and "About". A search bar is prominently displayed with the text "Search the NAL website ...". Below the search bar are sections for "Also try: Digital Collections | Catalog Search Tips", "Popular Topics" (listing Agricultural Law, Animal Welfare Act Workshops, Funding for Rural Communities, Nutrient Data for Foods, and Obesity Prevention), and "USDA Employees" (listing DigitTop, Navigator, Borrow Materials, Submit Articles, and USDA Agency Field Libraries). There are also icons for "USDA VIVO", "Nutrition.gov", "AgNIC", "National Invasive Species Information Center", and "Rural Development Programs and Services". A "PubAg" section describes the search engine for published agricultural research. At the bottom, there are social media icons for Facebook, Twitter, YouTube, Flickr, and RSS, along with the text "Stay Connected".

<https://www.nal.usda.gov>

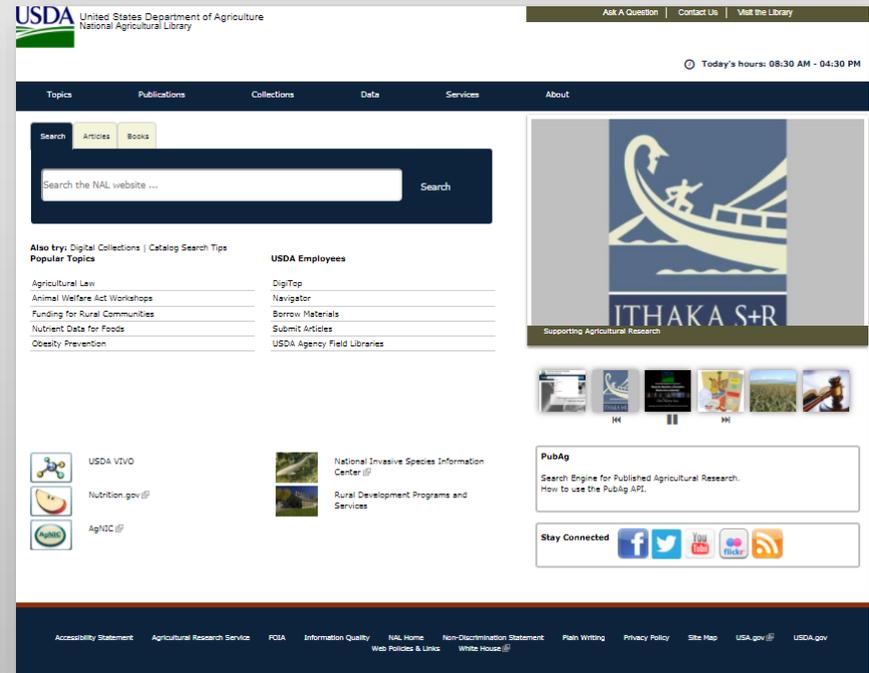


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## National Agricultural Library

### NAL's Resources and Databases

- Ag Data Commons
- AGRICOLA
- Digitop
- PubAg
- NAL Digital Collection (NALDC)
- NAL Thesaurus (NALT)
- NAL Information Centers





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# National Agricultural Library

## Nutrition & Food Safety Resources

- The Food & Nutrition Information Center (FNIC)
- Nutrition.gov
- The Food Safety Research Information Center
- Historical Dietary Guidance Digital Collection



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## National Agricultural Library

# Food and Nutrition Information Center

- **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

USDA United States Department of Agriculture National Agricultural Library

Ask A Question | Contact Us | Visit the Library

Today's hours: 08:30 AM - 04:30 PM

Topics Publications Collections Data Services About

Food and Nutrition Information Center Search FNIC

Home » Information Center » Food and Nutrition Information Center » Food and Nutrition Information Center

**Food and Nutrition Information Center**

Updated DRI Calculator for Health Professionals

This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes.

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Popular Topics What's Happening? News About FNIC Contact US

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](#)



Home » Information Centers » Food and Nutrition Information Center » DRI Calculator for Healthcare Professionals

## 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?

Height

feet:  inches:

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

Weight

pounds:

Activity Level ⓘ

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

[Clear form](#)

Report in units:

Standard

Metric

Data entry





Links to resources  
for dietary planning



### 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:

Gender	Female
Age	18 yrs
Height	5 ft. 2 in.
Weight	143 lbs.
Activity level	Active
Pregnancy/Lactation status	Not Pregnant or Lactating

[Begin New Calculation](#)

#### Results:

Body Mass Index (BMI) ⓘ	26.4
Estimated Daily Caloric Needs	2378 kcal/day

#### Macronutrients:

Macronutrient	Recommended Intake per day
Carbohydrate	268 - 386 grams ⓘ
Total Fiber	26 grams
Protein	55 grams
Fat	66 - 92 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linolenic Acid	1.1 grams ⓘ

Results:

BMI

Calorie needs

Macronutrients





Vitamins and Minerals recommendations are all linked to fact sheets

Vitamins:		
Vitamin	Recommended Intake per day	Tolerable UL Intake per day
<a href="#">Vitamin A</a>	700 mcg	2,800 mcg ⓘ
<a href="#">Vitamin C</a>	65 mg	1,800 mg
<a href="#">Vitamin D</a>	15 mcg	100 mcg
<a href="#">Vitamin B<sub>6</sub></a>	1.2 mg	80 mg
<a href="#">Vitamin E</a>	15 mg	800 mg ⓘ
<a href="#">Vitamin K</a>	75 mcg	ND
<a href="#">Thiamin</a>	1 mg	ND
<a href="#">Vitamin B<sub>12</sub></a>	2.4 mcg	ND
<a href="#">Riboflavin</a>	1 mg	ND
<a href="#">Folate</a>	400 mcg	800 mcg ⓘ
<a href="#">Niacin</a>	14 mg	35 mg ⓘ
<a href="#">Choline</a>	0.4 g	3 g
<a href="#">Pantothenic Acid</a>	5 mg	ND
<a href="#">Biotin</a>	25 mcg	ND
<a href="#">Carotenoids</a>	NA	ND ⓘ

Minerals (Elements):		
Mineral	Recommended Intake per day	Tolerable UL Intake per day
<b>Essential</b>		
<a href="#">Calcium</a>	1,300 mg	3,000 mg
<a href="#">Chloride</a>	2.3 g	3.6 g
<a href="#">Chromium</a>	24 mcg	ND
<a href="#">Copper</a>	890 mcg	8,000 mcg
<a href="#">Fluoride</a>	3 mg	10 mg
<a href="#">Iodine</a>	150 mcg	900 mcg
<a href="#">Iron</a>	15 mg	45 mg
<a href="#">Magnesium</a>	360 mg	350 mg ⓘ
<a href="#">Manganese</a>	1.6 mg	9 mg
<a href="#">Molybdenum</a>	43 mcg	1,700 mcg
<a href="#">Phosphorus</a>	1.25 g	4 g
<a href="#">Potassium</a>	4.7 g	ND
<a href="#">Selenium</a>	55 mcg	400 mcg
<a href="#">Sodium</a>	1.5 g	2.3 g
<a href="#">Zinc</a>	9 mg	34 mg
<b>Non-Essential</b>		
Arsenic	NA	ND ⓘ
Boron	NA	17 mg
Nickel	NA	1 mg
Silicon	NA	ND ⓘ
Sulfate	NA	ND
Vanadium	NA	ND ⓘ

Tolerable Upper Limits for each nutrient



## National Agricultural Library

### 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

Popular Topics	What's Happening?	News	About FNIC	Contact US
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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](#)
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- [DRI Calculator for Healthcare Professionals](#)
- [Food Labeling: Revision of the Nutrition and Supplement Facts Label](#)
- [Evaluating Health Information](#)



## Nutrition.Gov

- 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.

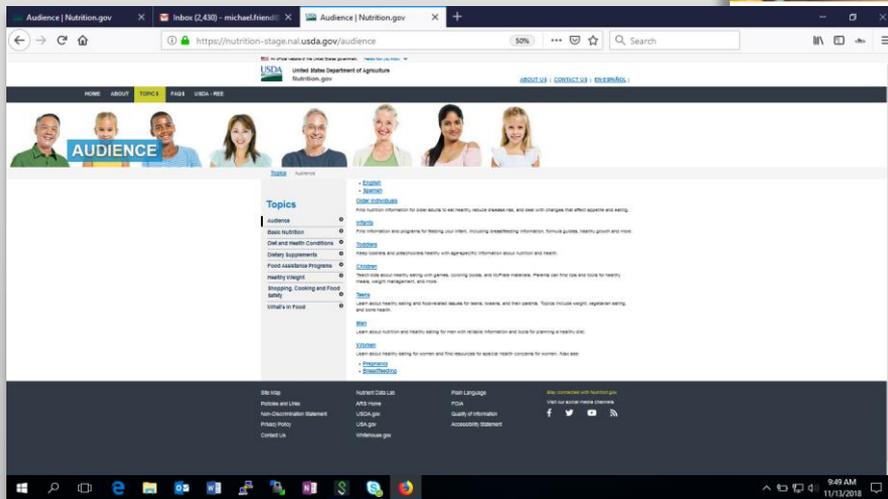




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# National Agricultural Library

## Nutrition.gov Website Migration







# Nutrition.gov Website Migration – Easier Navigation

- New **Topics** page allows the user to see content at-a-glance
- Clickable titles allow for easy access to information

The screenshot displays the Nutrition.gov website interface with the following sections:

- Audience** (with icons of people):
  - [Infants](#)
  - [Toddlers](#)
  - [Children](#)
  - [Teens](#)
  - [Men](#)
  - [Women](#)
  - [Pregnancy](#)
  - [Breastfeeding](#)
  - [Older Individuals](#)
- Basic Nutrition** (with icons of a fork and fruit):
  - [Eating Vegetarian](#)
  - [Eating for Exercise and Sports](#)
  - [Healthy Eating](#)
  - [MyPlate Resources](#)
  - [Online Tools](#)
  - [Printable Materials and Handouts](#)
- Diet and Health Conditions** (with an apple icon):
  - [AIDS/HIV](#)
  - [Cancer](#)
  - [Diabetes](#)
  - [Digestive Disorders](#)
  - [Eating Disorders](#)
  - [Food Allergies and Intolerances](#)
  - [Heart Health](#)
  - [High Blood Pressure](#)
  - [Kidney Disease](#)
  - [Osteoporosis](#)
  - [Overweight and Obesity](#)
- Food Assistance Programs** (with a grocery bag icon):
  - [Child Nutrition Programs](#)
  - [Food Distribution Programs](#)
  - [Nutrition Programs for Seniors](#)
  - [Supplemental Nutrition Assistance Program \(SNAP\)](#)
  - [WIC - Women, Infants, and Children](#)
- Healthy Weight** (with a scale icon):
  - [Body Image](#)
  - [Physical Activity](#)
  - [Strategies for Success](#)
  - [Weight Management for Youth](#)
  - [What You Should Know About Popular Diets](#)
- Shopping, Cooking and Food Safety** (with a kitchen scene icon):
  - [Emergency Food Supplies](#)
  - [Ethnic Cooking](#)
  - [Farmers Markets](#)
  - [Food Labels](#)
  - [Food Shopping and Meal Planning](#)
  - [Food Storage and Preservation](#)
  - [Food Preparation and Safety](#)
  - [Recipes](#)
- What's In Food** (with vegetable icons):
  - [Carbohydrates](#)
  - [Fats](#)
  - [Fiber](#)
  - [Food Additives](#)
  - [Phytonutrients](#)
  - [Proteins](#)
  - [Salt & Sodium](#)
  - [Vitamins & Minerals](#)



## 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

*DHHS. NIH. 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

*DHHS. 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

*DHHS. FDA. 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 18 - 29. Check out the materials available to use in your classroom, health expo, waiting room, or website.

#### Diabetes Fact Sheets

*DHHS. Centers for Disease Control and Prevention.*

Printable fact sheets for living with and managing diabetes.

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

*DHHS. 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.

The screenshot shows the USDA National Agricultural Library website interface. At the top, there is a navigation bar with links for 'Home', 'Topics', 'Publications', 'Collections', 'Data', 'Services', and 'About'. Below this is a search bar and a 'Search' button. The main content area is titled 'Research Projects Database Search' and displays a list of search results. The results are sorted by relevance, and the first four results are visible. Each result includes the project title, investigators, funding source, start date, and end date.

Project Title	Investigators	Funding Source	Start date	End date
1. Detection of Biofilm Bacteria and Survival and Virulence of Pathogens in Biofilms and Under Stress	Slavik, Michael	National Institute of Food and Agriculture	2007	2012
2. Development of Phage Preparation for Managing Salmonella in Foods	Sulakvelidze, Alexander	National Institute of Food and Agriculture	2011	2012
3. Fed and State Transport Plan for Movement of Eggs and Egg Products from Non-Infected Premises w/ an Avian Influenza/Exotic Newcastle Disease Control Area (Fast Eggs Plan)	Trampel, Darrell	National Institute of Food and Agriculture	2011	2012
4. Further Development of the Secure Milk Supply Plan for Movement of Milk and Non-Infected Premises in a Food and Mouth Disease (FMD) Control Area				



## 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

Search

#### Quick Links

- > [Browse by journal](#)
- > [Browse by subject](#)
- > [See USDA articles](#)
- > [See FDA articles](#)

#### 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...



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## 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

The screenshot shows the website interface for the Historical Dietary Guidance Digital Collection. At the top, there is a navigation bar with the USDA logo, the text 'United States Department of Agriculture National Agricultural Library', and links for 'NALDC', 'Contact Us', and 'Search History'. Below this is a dark blue header with the title 'NALDC Beta: Historical Dietary Guidance Digital Collection'. A search bar is present with a dropdown for 'All Fields' and a 'Search Q' button. To the right of the search bar is a 'Browse Collection' button and a 'Selections (0)' indicator.

The main content area is divided into two columns. The left column features a section titled 'HISTORY OF FEDERAL NUTRITION EDUCATION' with a timeline of historical nutrition education materials, including 'Early Human Nutrition Research' (1800s), 'The Science of Nutrition' (1900s to 1920s), 'The Farmer as Patient' (1940s), 'Reaching Minority Men' (1950s to 1960s), 'Food is More Than Just Something to Eat' (1970s to 1980s), and 'Dietary Guidelines: Taking a New Shape' (1990s to Present). The right column is titled 'Historical Dietary Guidance Digital Collection' and contains a paragraph of introductory text and a 'Limit your search' sidebar.

The 'Limit your search' sidebar includes a 'Collection' dropdown menu, a 'Historical Dietary Guidance Digital Collection' filter, and options for 'Publication Year' and 'Subject'. The main search results area shows a list of items with thumbnails and descriptions. The first item is 'The science of nutrition' by Atkinson, Edward, Richards, Ellen H. (Ellen Henrietta), Abel, Mary Herman, Daniel, Maria, and Abner; W. D. (Wilbur Doro). The second item is 'Suggestions regarding the cooking of food' by Atkinson, Edward, Richards, Ellen H. (Ellen Henrietta), and United States Department of Agriculture. The third item is 'The functions and uses of food' by United States Department of Agriculture, Langworthy, C. F., and Trus, Alfred Charles.

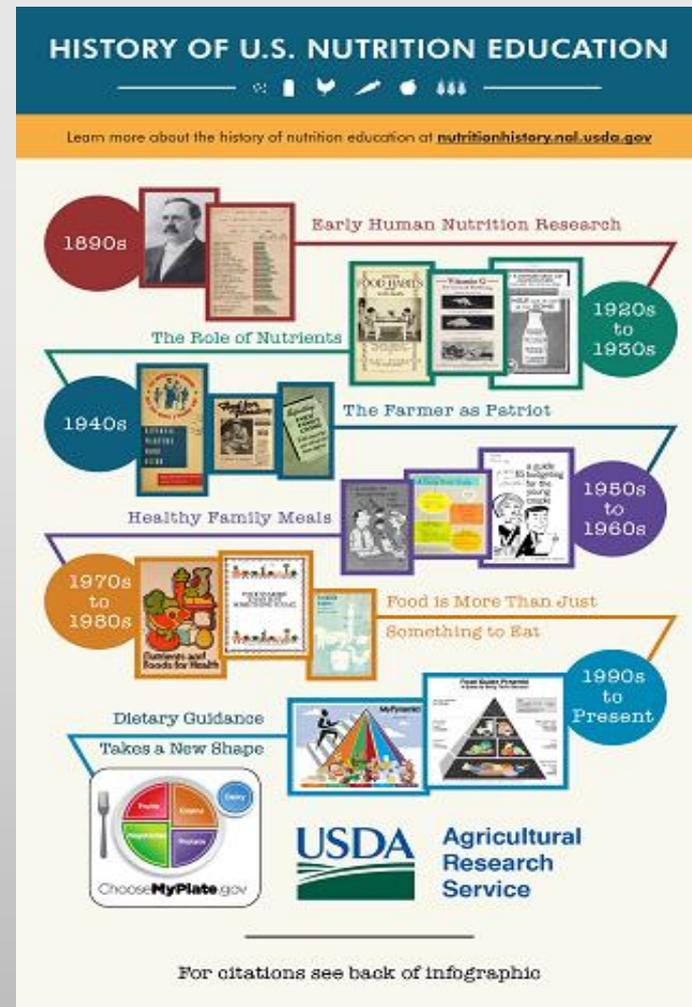
An orange arrow points from the text 'Thumbnail next to description allows for easier searching' to a thumbnail image in the search results.

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



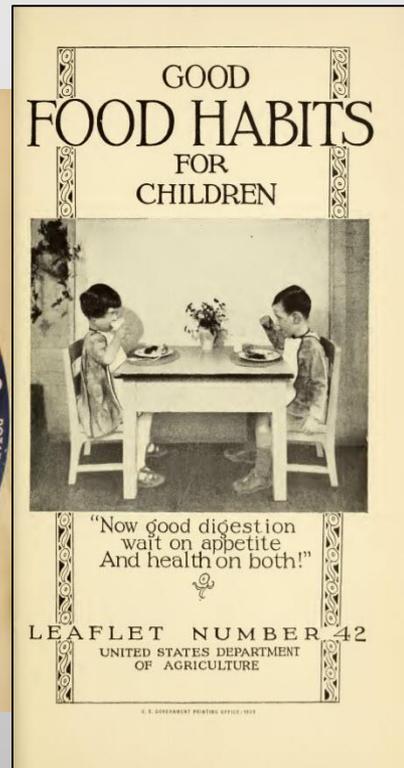


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# Popular items from the collection

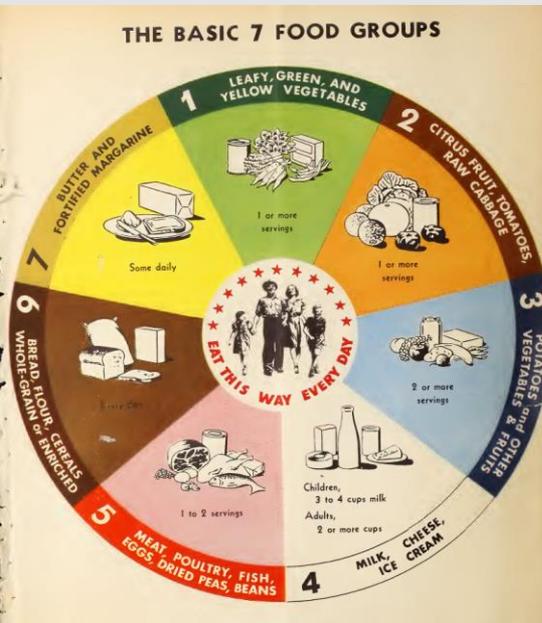
1929



1942



1943



1966





## Frequently asked questions from library patrons

### 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.*



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## Answers to frequently asked questions

FNIC: <https://www.nal.usda.gov/fnic/faq>

NG: <https://www.nutrition.gov/faq>

FSRIO: <https://www.nal.usda.gov/fnic/faq>



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## Where to find us

<https://www.nal.usda.gov>

<https://www.nal.usda.gov/fnic>

[www.nutrition.gov](http://www.nutrition.gov)

<https://nal.usda.gov/fsrio>

[https://naldc.nal.usda.gov/historical\\_dietary\\_guidance\\_digital](https://naldc.nal.usda.gov/historical_dietary_guidance_digital)



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