

## Basic Nutrition Resources



Below you will find a variety of links that provide basic nutrition information. Some links are more informative and others are fun and resourceful. Always use your best judgment when reading information on the web. Do your research and remember a ***Registered Dietitian*** is your best resource for nutrition information.

**Listed are research based and reliable nutrition websites providing basic nutrition and food information to the public.**

[Academy of Nutrition and Dietetics](#)

[MyPlate.gov](#)

[Eat Right YouTube videos](#)

[Nutrition](#)

[Centers for Disease Control and Prevention](#)

[Mayo Clinic Nutrition & Healthy Eating](#)

[Dietary Guidelines for Americans 2010](#)

[Alliance for a Healthier Generation](#)

[Fruits & Veggies Matter](#)

[Society for Nutrition Education](#)

[USDA Food Composition and Nutrition Links](#)

[American Society for Nutrition](#)

[WebMD Healthy Eating & Diet](#)

[Food Bank of Central New York](#)