

Web-Based Resources for Food Safety and Nutrition

Safe Food Handling

FDA <http://www.foodsafety.gov>

USDA <http://www.fsis.usda.gov/wps/portal/informational/askkaren>
<http://www.fsis.usda.gov/wps/portal/fsis/home>

for smart phones m.askkaren.gov mobile app

UF/IFAS
Hillsborough http://hillsborough.ifas.ufl.edu/nutrition/SafeFood_English.shtml

Nutrition

UF/IFAS EDIS <http://edis.ifas.ufl.edu/topics/families/index.html>
fact sheets on a variety of food safety and nutrition topics, parenting and others.

USDA www.choosemyplate.gov

Anything with a .gov or .edu address is more likely to be reliable than a .com or .org address.

For recipe analysis or nutrient content:

USDA www.choosemyplate.gov

Fit Watch <http://www.fitwatch.com/database/analyzer.php>

For nutrient analysis info:

USDA www.choosemyplate.gov

There are plenty of commercial apps that will track calories, give nutrition content of foods, etc. Most of them are reasonably accurate. Just find ones that you can work with comfortably. Blogs are less likely to be accurate, since they depend on the knowledge and attitude of one person.