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  
[ma.skkaren.gov](http://ma.skkaren.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](http://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](http://www.choosemyplate.gov)

Fit Watch  

*For nutrient analysis info:*

USDA  
[www.choosemyplate.gov](http://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.