

Free Nutrition Resources from Authoritative Sources

- [Nutrition.gov](https://www.nutrition.gov)
A comprehensive resource from the USDA, offering credible, science-based information on healthy eating, dietary guidelines, nutrient data, and printable tip sheets for all ages and life stages^{[1] [2] [3]}.
- [MyPlate.gov](https://www.myplate.gov)
The official USDA site for practical healthy eating guidance, including budget-friendly meal ideas, interactive tools, and resources for meal planning and preparation^{[4] [5] [6]}.
- [Dietary Health – USDA](https://www.dietaryhealth.gov)
Access the National Nutrient Database, dietary guidelines, and information on nutrition research and programs^[7].
- [CDC Nutrition](https://www.cdc.gov/nutrition)
The Centers for Disease Control and Prevention provides evidence-based guidance on nutrition, healthy weight, and chronic disease prevention^[3].
- [MedlinePlus: Nutrition](https://pubmed.ncbi.nlm.nih.gov/)
The National Institutes of Health's portal for plain-language nutrition information, including diet, supplements, and disease prevention^{[8] [3]}.
- [The Nutrition Source – Harvard T.H. Chan School of Public Health](https://www.hs-ni.harvard.edu/nutrition-source/)
Offers science-based nutrition guidance, in-depth articles, and practical tips for healthy living^[3].
- [UnlockFood.ca](https://www.unlockfood.ca)
Operated by Dietitians of Canada, provides nutrition information, healthy eating tools, and recipes for all ages^[9].
- [Health Canada – Canada's Food Guide](https://www.healthcanada.ca/food-guide/)
Evidence-based recommendations and resources for healthy eating, including meal planning and food skills^[9].
- [UW Health – Nutrition Resources](https://www.uwhealth.org/nutrition-resources/)
Curated links to authoritative nutrition and healthy eating resources, including MyPlate, Dietary Guidelines, and more^[8].

Free Nutrition Meal Preparation Resources from Authoritative Sources

- [MyPlate.gov – Meal Planning](https://www.myplate.gov/meal-planning)
Offers practical meal planning tips, sample menus, and printable resources to help you build balanced meals from all five food groups^[6].
- [What's Cooking? USDA Mixing Bowl](https://www.ussda.gov/mixing-bowl)
A searchable database of healthy, budget-friendly recipes with nutrition information and meal prep tips^[8].

- Nutrition.gov – Recipes and Meal Preparation
Features recipes, cookbooks, and menus for various dietary needs, including heart-healthy, kid-friendly, and budget-conscious options^[1].
- The Nutrition Source – Meal Prep Guide
Harvard’s guide to effective meal prepping, including tips for planning, shopping, and storing healthy meals^[10].
- Providence Health & Homemade – Free Online Cooking Classes
Free, live and on-demand virtual cooking classes focused on healthy recipes and nutrition, led by registered dietitians^[11].
- NYC Health – Nutrition Education Programs
Free bilingual nutrition education workshops and cooking demonstrations, including video resources and printable materials for healthy meal preparation^[12].
- UnlockFood.ca – Recipes and Meal Planning
Bilingual (English/French) site with healthy recipes, meal planning guides, and interactive tools from registered dietitians^[9].
- Foodland Ontario Nutrition Guide
Recipes, cooking videos, and tips for preparing healthy meals using fresh, local foods^[9].

These resources are maintained by government agencies, universities, and leading public health organizations, ensuring information is up-to-date and evidence-based.

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1. <https://www.nutrition.gov>
2. <https://www.nutrition.gov/topics/basic-nutrition/printable-materials-and-handouts>
3. <https://guides.gccaz.edu/nutrition/websites>
4. <https://www.myplate.gov/resources>
5. <https://www.myplate.gov>
6. <https://www.myplate.gov/tip-sheet/meal-planning>
7. <https://www.usda.gov/about-food/nutrition-research-and-programs/dietary-health>
8. <https://nutrisci.wisc.edu/nutrisciextension/resources-for-healthy-eating/>
9. https://guides.hsict.library.utoronto.ca/nutritionguide/free_online
10. <https://nutritionsource.hsph.harvard.edu/meal-prep/>
11. <https://blog.providence.org/nutrition/learn-to-cook-with-new-free-online-cooking-classes>
12. <https://www.nyc.gov/site/doh/health/health-topics/nutrition-education.page>