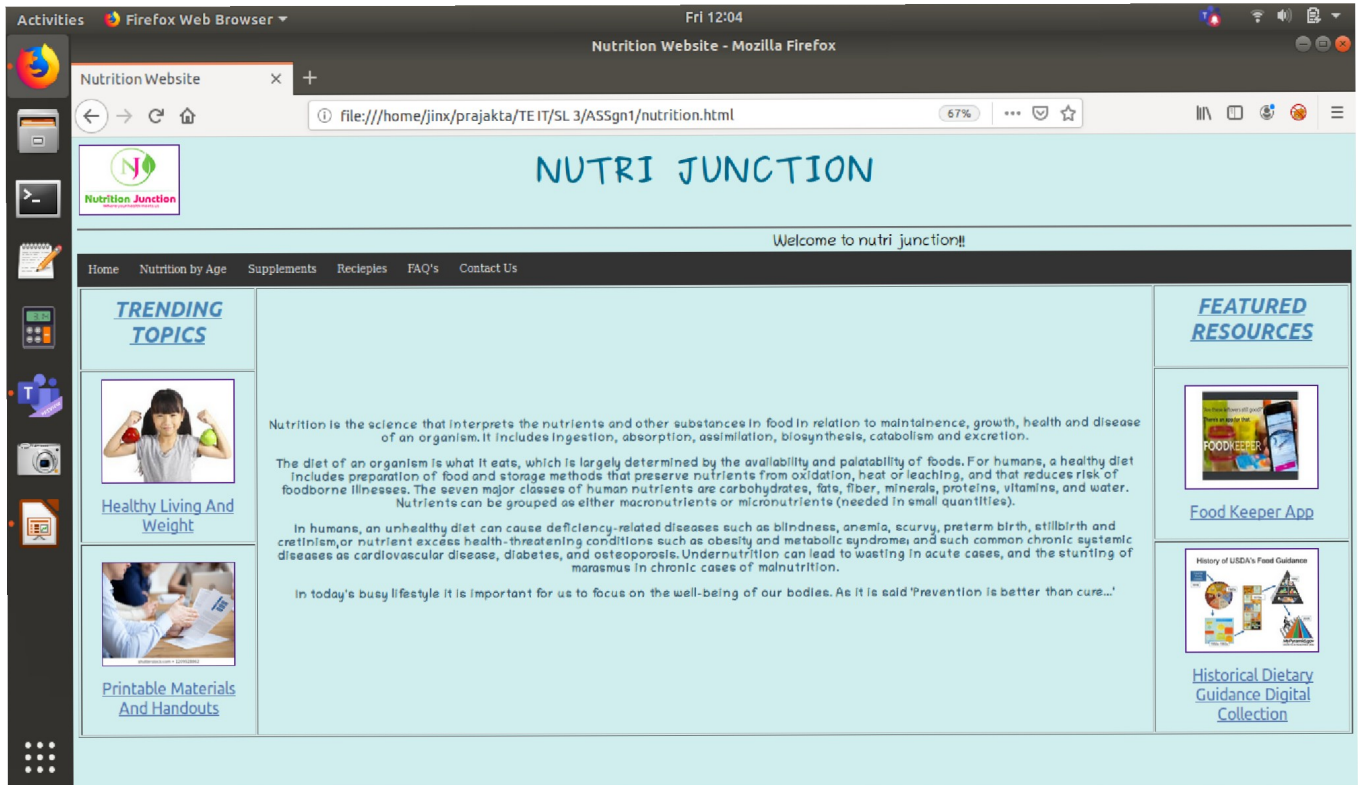**Name**: Prajakta Keer
Class: TE 10
Roll No: 33231

Problem Statement:- NUTRI JUNCTION : A website which gives information about nutritional aspects of human life.

Home Page:

Nutrition by Age:

Welcome to nutri junction!!

Home   Nutrition by Age   Supplements   Reciepies   FAQ's   Contact Us

NUTRITION BY AGE

AGE GROUPS	CALORIES	PROTEINS	FATS	CARBOHYDRATES	DIETARY FIBER	VITAMIN A	VITAMIN C	VITAMIN D	IRON	CALCIUM
Toddlers	1000 cal	1.05 gm per kg	1000 kcal	130 gm	19 gm	1000 IU	15 mg	400 IU	7 mg	700 mg
Children	1000-1600 cal	0.95 gm per kg	1200 kcal	130 gm	25 gm	1300 IU	25 mg	400-600 IU	10 mg	1000 mg
Teens	2400-2800 cal	1.75 gm per kg	1400-1600 kcal	234 gm	26-32 gm	1000 IU	26-28 mg	600 IU	11-15 mg	1300 mg
Adults	2600-2800 cal	2.05 gm per kg	1400-1600 kcal	238 gm	34 gm	1000 IU	30 mg	600 IU	8-18 mg	1000 mg
Other Individuals	2200-2400 cal	1.4 gm per kg	1200 kcal	220 gm	28-30 gm	1000 IU	30 mg	600 IU	8 mg	1200 mg

NUTRITIONAL INFORMATION ABOUT FRUITS

Nutritional Information

Fruit	Serving Size	Calories	Carbs	Protein	Fiber	Fat	Sodium
Apples*	1 Medium Apple	80	22g	0g	5g	0g	0mg
Peaches	1 Medium Peach	40	10g	.06g	1.5g	0g	0mg
Nectarines	1 Medium Nectarine	70	16g	1g	3g	1g	0mg
Plums	1 Medium Plum	36	8.6g	0.52g	1.0g	0.41g	0mg
Asian Pears	1 Medium Pear	59	13g	0.9g	4g	0.1g	0mg
Strawberries	8 Medium Berries	70	17g	1g	3g	0.5g	0mg
Raspberries	10 Raspberries	10	2.3g	0.2g	1.2g	0.1g	0.2mg
Blueberries	1 Cup Blueberries	83	21.0g	1.1g	3.5g	0.5g	1mg
Pumpkins**	1 Cup	49	12g	2g	3g	0g	0mg

*NOTE: Slight variation depending on variety; figures reflect an overall average for the fruit.
**NOTE: Figures are based on pumpkin being cooked, boiled, drained, without salt.

CALORIES AND PROTEIN CHART

+→c'&

CALORIES AND PROTEIN CHART

calories and protein chart   2015

1 medium banana	1 oz raisins	edamame, shelled	2 cups leafy greens
105 cals 1.5 g pro	85 cals 1 g pro	1/2 cup, cooked 120 cals 13 g pro	20 calories 1 g pro
1 cup strawberries	2 medjool dates	black-eyed peas	quinoa
46 cals 1 g pro	66 cals 1 g pro	1/2 cup, cooked 100 cals 13.5 g pro	1/2 cup, cooked 111 cals 4 g pro
1 cup purple grapes	1 oz almonds, (23 ea)	green peas	steel cut oats
104 cals 1 g pro	164 cals 6 g pro	1/2 cup, cooked 62 cals 4 g pro	1/2 cup, cooked 85 cals 3.5 g pro
	1 oz pecans, 19 halves	black beans	brown rice
	196 cals 3 g pro		1/2 cup, cooked

1 oz cashews
157 cals 5.2 g pro

kidney beans
1/2 cup, cooked
113 cals 8 g pro

1/2 cup, cooked
83 cals 3.5 g pro

1 tbsp almond butter
98 cals 3.5 g pro

navy beans
1/2 cup, cooked
127 cals 8 g pro

1 baked potato
large (299 g)
278 cals 8 g pro

6 celery sticks (5" stalks)
18 cals 0.75 g pro

1 sweet potato
large (180 g)
162 cals 4 g pro

SUPPLEMENTS:

RECIEPIES:

Reciepies Of The Month

Overnight Oatmeal

Prepare this recipe the night before, and enjoy as a grab-and-go breakfast or a mid-morning snack.

Category : Kid Friendly
Food Group : Fruits, Dairy, Grains

Try It Out

Sunshine Rolls-Up

This Asian-inspired wrap is both savory and sweet, and makes a satisfying lunch option.

Category : 30 Minutes or Less, Kid-Friendly
Food Group : Fruits, Vegetables, Protein, Grains

Try It Out

Peanut Butter Balls

Calling all peanut butter lovers! Try these snack bites, sweetened with a touch of honey.

Category : Kid Friendly
Food Group : Protein, Dairy, Grains

Try It Out

FAQ's:

CONTACT US:

TRENDING TOPICS

Healthy Living And Weight

Printable Materials And Handouts

CONTACT US

Telephone Number - +91 9021977490
Email ID - prajaktakeer01@gmail.com

To Know more and visit our world-class nutritionists and physicians fill in the details below

First Name [Your name..]
Last Name [Your last name..]
Country [India ▾]

[Write something..]

Subject

[Submit]

FEATURED RESOURCES

Food Keeper App

Historical Dietary Guidance Digital Collection

FEATURED RESOURCES-FOOD KEEPER APP

Screenshot of the Nutrition Website — Mozilla Firefox browser window showing the "Food Keeper App" page.

FEATURED RESOURCES

Food Keeper App

Historical Dietary

Food Keeper App

The FoodKeeper helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly. It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute. It is also available as a mobile application for Android and Apple devices.

FoodKeeper

The FoodKeeper can help consumers use food while at peak quality and reduce waste. The storage times listed are intended as useful guidelines and are not hard-and-fast rules. Some foods may deteriorate more quickly while others may last longer than the times suggested. The times will vary depending on the growing conditions, harvesting techniques, manufacturing processes, transportation and distribution conditions, nature of the food, and storage temperatures. Remember to buy foods in reasonable quantities and rotate the products in your pantry, refrigerator, and freezer.

FEATUREDRESOURCES- HISTORICALDIETARYGUIDANCE ANDDIGITALCOLLECTION

TRENDING TOPICS-HEALTHY LIVING AND WEIGHT

TRENDING TOPICS –PRINTABLE MATERIALSANDHANDOUTS

SOURCE CODE FOR HOME PAGE

```html
<html>

<head>
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
</head>

<body bgcolor = "#D1EEEE">

        <p>
        <table width = "80%">
        <tr>
    <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
        <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
        </tr>
        </table>
<hr>

<font size = "5" face = "Chilanka"><marquee>Welcome to nutri
junction!!</marquee></font>

<div class="navbar">
 <a href="nutrition.html">Home</a>
 <a href="nutrition_by_age.html">Nutrition by Age</a>
 <a href="supplements.html">Supplements</a>
 <a href="reciepies.html">Reciepies</a>
 <a href="faq.html">FAQ's</a>
 <a href="contact.html">Contact Us</a>
</div>

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<tr>
        <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">TRENDING
    TOPICS</h1></font></i></u></th>
  <th rowspan = 3><p><font color = "#35586C" face = "Chilanka" size =
"4">Nutrition is the science that interprets the nutrients and other substances in food
in relation to maintainence, growth, health and disease of an organism. It includes
ingestion, absorption, assimilation, biosynthesis, catabolism and excretion.</p>

<p>The diet of an organism is what it eats, which is largely determined by the
availability and palatability of foods. For humans, a healthy diet includes preparation of
food and storage methods that preserve nutrients from oxidation, heat or leaching, and
that reduces risk of foodborne illnesses. The seven major classes of human nutrients
are carbohydrates, fats, fiber, minerals,
```
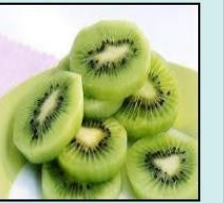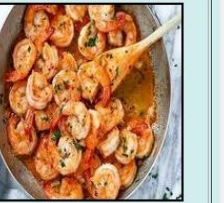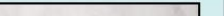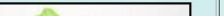
proteins, vitamins, and water. Nutrients can be grouped as either macronutrients or micronutrients (needed in small quantities).</p>

<p>In humans, an unhealthy diet can cause deficiency-related diseases such as blindness, anemia, scurvy, preterm birth, stillbirth and cretinism,or nutrient excess health-threatening conditions such as obesity and metabolic syndrome; and such common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis. Undernutrition can lead to wasting in acute cases, and the stunting of marasmus in chronic cases of malnutrition.</p>

<p>In today's busy lifestyle it is important for us to focus on the well-being of our bodies. As it is said 'Prevention is better than cure...'
         </th>
      <th><h1><i><u>FEATURED RESOURCES</h1></i></u></th>
      </tr>

      <tr>
            <td style="text-align:center"><img src = "healthy_living.jpeg"
      height = "150" width = "200" border = "2">

Healthy Living And Weight</img>
      <td style="text-align:center"><ahref="food_keeper.html"><imgsrc ="foodkeeper.jpeg"height = "150" width = "200" border = "2">

Food Keeper App
</img>
      </tr>

      <tr>
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"150" width = "200" border = "2">

Printable Materials And Handouts</img>
      <td style="text-align:center"><img src = "hist_guidance.jpg" height = "150" width = "200" border = "2">

Historical Dietary Guidance Digital Collection
</img>
      </tr>

      </table>

      </body>
      </html>

SOURCE CODE FOR NUTRITION BY AGE PAGE

<html>

<head>
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
</head>

<body bgcolor = "#D1EEEE">

```html
        <p>
        <table width = "80%">
        <tr>
    <td><a href="nutrition.html"><img src = "logo.png" height = "100" width = "150" border = "2"></a></td>
        <td style="text-align:center"><font color = "#00688B" size = "10" face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
        </tr>
        </table>
    <hr>

    <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
    junction!!</marquee></font>

    <div class="navbar">
     <a href="nutrition.html">Home</a>
     <a href="nutrition_by_age.html">Nutrition by Age</a>
     <a href="supplements.html">Supplements</a>
     <a href="reciepies.html">Reciepies</a>
     <a href="faq.html">FAQ's</a>
     <a href="contact.html">Contact Us</a>
    </div>
    <br>

<center><font size = "6" color = "#00688B" face = "Chilanka">NUTRITION BY
AGE</font></center><br>

    <table border = "2" height = "60%">
    <tr>
        <th><font size = "4" color = "#9F79EE" face = "Chilanka">AGE
        GROUPS</th></font>
        <th><fontsize="4"color="#9F79EE"face="Chilanka">CALORIES
        <th><fontsize="4"color="#9F79EE"face="Chilanka">PROTEINS
        <tH><font size = "4" color = "#9F79EE" face = "Chilanka">FATS
        <th><font size = "4" color = "#9F79EE" face = "Chilanka">CARBOHYDRATES
        <th><font size = "4" color = "#9F79EE" face = "Chilanka">DIETARY FIBER
        <th><fontsize="4"color="#9F79EE"face="Chilanka">VITAMINA
        <th><fontsize="4"color="#9F79EE"face="Chilanka">VITAMINC
        <th><fontsize="4"color="#9F79EE"face="Chilanka">VITAMIND
        <th><font size = "4" color = "#9F79EE" face = "Chilanka">IRON
        <th><font size = "4" color = "#9F79EE" face = "Chilanka">CALCIUM
```

```html
</tr></font>

<tr
>       <td><font size = "4" color = "#9F79EE" face = "Chilanka">Toddlers</td>
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 cal
        <td><font size = "4" color = "#35586C" face = "Chilanka">1.05 gm per kg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 kcal
        <td><font size = "4" color = "#35586C" face = "Chilanka">130 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">19 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 IU
        <td><fontsize= "4" color = "#35586C" face = "Chilanka">15mg
        <td><fontsize= "4" color = "#35586C" face = "Chilanka">400IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">7 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">700 mg

</
tr>
        <td><font size = "4" color = "#9F79EE" face = "Chilanka">Children</td>
<tr     <td><font size = "4" color = "#35586C" face = "Chilanka">1000-1600 cal
>       <td><font size = "4" color = "#35586C" face = "Chilanka">0.95 gm per kg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1200 kcal
        <td><font size = "4" color = "#35586C" face = "Chilanka">130 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">25 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">1300 IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">25 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">400-600 IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">10 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 mg


</      <td><font size = "4" color = "#9F79EE" face = "Chilanka">Teens</td>
tr>     <td><font size = "4" color = "#35586C" face = "Chilanka">2400-2800 cal
        <td><fontsize= "4" color = "#35586C" face = "Chilanka">1.75 gm perkg
<tr     <td><fontsize= "4" color = "#35586C" face = "Chilanka">1400-1600kcal
>       <td><font size = "4" color = "#35586C" face = "Chilanka">234 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">26-32 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">26-28 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">600 IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">11-15 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1300 mg



        <td><font size = "4" color = "#9F79EE" face = "Chilanka">Adults</td>
        <td><font size = "4" color = "#35586C" face = "Chilanka">2600-2800 cal
</      <td><fontsize= "4" color = "#35586C" face = "Chilanka">2.05 gm perkg
tr>     <td><fontsize= "4" color = "#35586C" face = "Chilanka">1400-1600kcal

<tr
>
```

```html
        <td><font size = "4" color = "#35586C" face = "Chilanka">238 gm
</      <td><font size = "4" color = "#35586C" face = "Chilanka">34 gm
tr>     <td><font size = "4" color = "#35586C" face = "Chilanka">1000 IU
        <td><fontsize= "4" color = "#35586C" face = "Chilanka">30mg
<tr     <td><fontsize= "4" color = "#35586C" face = "Chilanka">600IU
>       <td><font size = "4" color = "#35586C" face = "Chilanka">8-18 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1000 mg




        <td><font size = "4" color = "#9F79EE" face = "Chilanka">Other Individuals</
        td>
        <td><font size = "4" color = "#35586C" face = "Chilanka">2200-2400 cal
        <td><font size = "4" color = "#35586C" face = "Chilanka">1.4 gm per kg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1200 kcal
        <td><font size = "4" color = "#35586C" face = "Chilanka">220 gm
        <td><font size = "4" color = "#35586C" face = "Chilanka">28-30 gm
</      <td><font size = "4" color = "#35586C" face = "Chilanka">1000 IU
tr>     <td><fontsize= "4" color = "#35586C" face = "Chilanka">30mg
        <td><fontsize= "4" color = "#35586C" face = "Chilanka">600IU
        <td><font size = "4" color = "#35586C" face = "Chilanka">8 mg
        <td><font size = "4" color = "#35586C" face = "Chilanka">1200 mg
</table></font><br><br>

<center><font size = "6" color = "#00688B" face = "Chilanka">NUTRITIONAL
INFORMATION ABOUT FRUITS</font></center><br>
        <center><img src = "friut.gif" height = "70%" width = "80%" border =
        "2"></img><br><br>

        <center><font size = "6" color = "#00688B" face = "Chilanka">CALORIES AND
        PROTEIN CHART</font></center><br>
        <center><img src = "cal_pro_chart.jpg" width = "80%" border = "2"></img>

        </body>
        </html>
```

SOURCE CODE FOR SUPPLEMENTS PAGE

```html
        <htm
        l>

        <head>
            <link rel = "stylesheet" href="nutrition.css">
            <title>Nutrition Website</title>
        </head>

        <body bgcolor = "#D1EEEE">

            <p>
            <table width = "80%">
            <tr>
        <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
            <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
            </tr>
```

```html
        </table>
    <hr>

    <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
    junction!!</marquee></font>

    <div class="navbar">
     <a href="nutrition.html">Home</a>
     <a href="nutrition_by_age.html">Nutrition by Age</a>
     <a href="supplements.html">Supplements</a>
     <a href="reciepies.html">Reciepies</a>
     <a href="faq.html">FAQ's</a>
     <a href="contact.html">Contact Us</a>
    </div><br>

    <center><font size = "6" color = "#00688B" face =
    "Chilanka">SUPPLEMENTS</font></center><br>

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    <tr>
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        "#35586C" face =
    "Chilanka" size = "5">Vitamin A</font>
    <tr>

    <tr>
        <td style="text-align:center"><img src = "carrot.jpeg" height = "180" width =
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    "2"><br>Carrot<br>
        <td style="text-align:center"><img src = "brocolli.jpeg" height = "180" width
        = "200" border
    = "2"><br>Brocolli<br>
    <td style="text-align:center"><img src = "bell_pepper.jpeg" height = "180"
width = "200" border = "2"><br>Bell Peppers<br>
```

```html
            <td style="text-align:center"><img src = "lettuce.jpeg" height = "180" width =
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        = "2"><br>Lettuce<br>
        <td style="text-align:center"><img src = "fish.jpeg" height = "180" width = "200"
border = "2"><br>Fish<br>
        </tr>

        <tr>
            <th colspan = "5" style = "background-color: #50A6C2;"><font color =
            "#35586C" face =
        "Chilanka" size = "5">Vitamin B</font>
        <tr>

        <tr>
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        "2"><br>Milk
            <td style="text-align:center"><img src = "cheese.jpeg" height = "180" width
            = "200" border
        = "2"><br>Cheese
        <td style="text-align:center"><img src = "eggs.jpeg" height = "180" width = "200"
border = "2"><br>Eggs
        <td style="text-align:center"><img src = "shellfish.jpeg" height = "180"
width = "200" border = "2"><br>Shellfish
            <td style="text-align:center"><img src = "spianch.jpeg" height = "180" width
            = "200" border
        = "2"><br>Spinach
        </tr>

        <tr>
            <th colspan = "5" style = "background-color: #50A6C2;"><font color =
            "#35586C" face =
        "Chilanka" size = "5">Vitamin C</font>
        <tr>

        <tr>
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            width = "200"
        border = "2"><br>Tomatoes
            <td style="text-align:center"><img src = "lemon.jpeg" height = "180" width =
            "200" border
        = "2"><br>Lemon
        <td style="text-align:center"><img src = "strawberry.jpeg" height = "180"
width = "200" border = "2"><br>Strawberries
            <td style="text-align:center"><img src = "orange.jpeg" height = "180" width
            = "200" border
        = "2"><br>Orange
        <td style="text-align:center"><img src = "guava.jpeg" height = "180" width = "200"
border = "2"><br>Guava
        </tr>

        <tr>
            <th colspan = "5" style = "background-color: #50A6C2;"><font color =
            "#35586C" face =
```

"Chilanka" size = "5">Vitamin D
<tr>

<tr>

```html
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            = "2"><br>Fish(Salmon)
        <td style="text-align:center"><img src = "mushroom.jpeg" height = "180"
width = "200" border = "2"><br>Mushrooms
        <td style="text-align:center"><img src = "tofu.jpeg" height = "180" width = "200"
border = "2"><br>Tofu
                <td style="text-align:center"><img src = "yoghurt.jpeg" height = "180" width
                = "200" border
            = "2"><br>Yoghurt
        <td style="text-align:center"><img src = "soy_milk.jpeg" height = "180"
width = "200" border = "2"><br>Soy Milk
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        <tr>
                <th colspan = "5" style = "background-color: #50A6C2;"><font color =
                "#35586C" face =
            "Chilanka" size = "5">Vitamin E</font>
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        <td style="text-align:center"><img src = "avocado.jpeg" height = "180"
width = "200" border = "2"><br>Avocado
        <td style="text-align:center"><img src = "kiwi.jpeg" height = "180" width = "200"
border = "2"><br>Kiwi
        <td style="text-align:center"><img src = "olive_oil.jpeg" height = "180"
width = "200" border = "2"><br>Olive Oil
                <td style="text-align:center"><img src = "shrimp.jpeg" height = "180" width =
                "200" border
            = "2"><br>Shrimp
            </tr>

        <tr>
                <th colspan = "5" style = "background-color: #50A6C2;"><font color =
                "#35586C" face =
            "Chilanka" size = "5">Vitamin K</font>
            <tr>

        <tr>
                <td style="text-align:center"><img src = "cabbage.jpeg" height = "180" width
                = "200"
            border = "2"><br>Cabbage
        <td style="text-align:center"><img src ="cucumber.jpeg"height = "180"
width = "200" border ="2"><br>Cucumber
        <tdstyle="text-
align:center"><imgsrc="asparagus.jpeg"height="180"width="200" border
="2"><br>Asparagus
        <td style="text-align:center"><img src = "okra.jpeg" height = "180" width = "200"
border = "2"><br>Okra
        <td style="text-align:center"><img src = "green_beans.jpeg" height = "180"
width = "200" border = "2"><br>Green Beans
```

</tr>

<tr>

```html
        <th colspan = "5" style = "background-color: #50A6C2;"><font color =
"#35586C" face = "Chilanka" size = "5">Calcium</font>
        <tr>

        <tr>
                <td style="text-align:center"><img src = "paneer.jpeg" height = "180" width
                = "200" border
        = "2"><br>Paneer
        <td style="text-align:center"><img src = "grated_parmesan.jpeg" height =
"180" width = "200" border = "2"><br>Grated Parmesan
        <td style="text-align:center"><img src = "cowpeas.jpeg" height = "180"
width = "200" border = "2"><br>Cowpeas
        <td style="text-align:center"><img src = "trout.jpeg" height = "180" width = "200"
border = "2"><br>Trout
        <td style="text-align:center"><img src = "clams.jpeg" height = "180" width = "200"
border = "2"><br>Clams
        </tr>

        <tr>
                <th colspan = "5" style = "background-color: #50A6C2;"><font color =
                "#35586C" face =
        "Chilanka" size = "5">Sodium</font>
        <tr>

        <tr>
                <td style="text-align:center"><img src = "cereals.jpeg" height = "180" width
                = "200" border
        = "2"><br>Cereals
                <td style="text-align:center"><img src = "oysters.jpeg" height = "180" width
                = "200" border
        = "2"><br>Oysters
                <td style="text-align:center"><img src = "apricot.jpeg" height = "180" width
                = "200" border
        = "2"><br>Apricots
                <td style="text-align:center"><img src = "quinoa.jpeg" height = "180" width =
                "200" border
        = "2"><br>Quinoa
        <td style="text-align:center"><img src = "pumpkin_seeds.jpeg" height =
"180" width = "200" border = "2"><br>Pumpkin Seeds
        </tr>

        <tr>
                <th colspan = "5" style = "background-color: #50A6C2;"><font color =
                "#35586C" face =
        "Chilanka" size = "5">Iron</font>
        <tr>

        <tr>
                <td style="text-align:center"><img src = "table_salt.jpeg" height = "180"
                width = "200"
        border = "2"><br>Table Salt
        <td style="text-align:center"><img src = "sunflower_seeds.jpeg" height =
"180" width = "200" border = "2"><br>Sunflower Seeds
        <td style="text-align:center"><img src = "canned_beans.jpeg" height = "180"
width = "200" border = "2"><br>Canned Beans
```

```html
<td style="text-align:center"><img src = "french_bread.jpeg" height = "180" width = "200" border = "2"><br>French Bread
```

```html
        <td style="text-align:center"><img src = "teriyaki.jpeg" height = "180" width
        = "200" border
    = "2"><br>Teriyaki Sauce
    </tr>

    <tr>
        <th colspan = "5" style = "background-color: #50A6C2;"><font color =
        "#35586C" face =
    "Chilanka" size = "5">Protein</font>
    <tr>

    <tr>
        <td style="text-align:center"><img src = "chicken.jpeg" height = "180" width
        = "200" border
    = "2"><br>Chicken
    <td style="text-align:center"><img src = "tuna.jpeg" height = "180" width = "200"
border = "2"><br>Tuna
    <td style="text-align:center"><img src = "lentils.jpeg" height = "180" width = "200"
border = "2"><br>Lentils
        <td style="text-align:center"><img src = "peanuts.jpeg" height = "180" width
        = "200" border
    = "2"><br>Peanuts
    <td style="text-align:center"><img src = "cottage_cheese.jpeg" height =
"180" width = "200" border = "2"><br>Cottage Cheese
    </tr>

    </table>

    </body>
    </html>
```

SOURCE CODE FOR RECIEPIES PAGE

```html
    <htm
    l>

    <head>
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
    </head>

    <body bgcolor = "#D1EEEE">

        <p>
        <table width = "80%">
        <tr>
        <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
        <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
        </tr>
        </table>
    <hr>

    <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
    junction!!</marquee></font>
```

```html
<div class="navbar">
 <a href="nutrition.html">Home</a>
 <a href="nutrition_by_age.html">Nutrition by Age</a>
 <a href="supplements.html">Supplements</a>
 <a href="reciepies.html">Reciepies</a>
 <a href="faq.html">FAQ's</a>
 <a href="contact.html">Contact Us</a>
</div><br>

<center><font size = "6" color = "#00688B" face = "Chilanka">Reciepies Of The
Month</font></center><br>

<table border = "2" width = "100%" cellpadding = "20">

<tr>
        <td style="text-align:center"><img src = "oatmeal.jpeg" height = "200" width
        = "250"
border = "2"><br><br><font color = "#35586C" face = "Chilanka" size =
"5"><u>Overnight Oatmeal</u><br><br>Prepare this recipe the night before, and
enjoy as a grab-and-go breakfast or a mid-morning snack.<br><br><font color =
"#8F8FBC" face = "Chilanka" size = "5"><b>Category :
</b><font color = "#35586C" face = "Chilanka" size = "5">Kid Friendly<br><font
color = "#8F8FBC" face = "Chilanka" size = "5"><b>Food Group : </b><font color =
"#35586C" face = "Chilanka" size = "5">Fruits, Dairy, Grains<br><button style =
"font-size: 28px;" onclick="location.href='https://www.nutrition.gov/recipes/overnight-
oatmeal';">Try It Out</button>
```

```
        <td style="text-align:center"><img src = "rolls.jpeg" height = "200" width =
"250" border = "2"><br><br><font color = "#35586C" face = "Chilanka" size =
"5"><u>Sunshine Rolls- Up</u><br><br>This Asian-inspired wrap is both savory and
sweet, and makes a satisfying lunch option.<br><br><font color = "#8F8FBC" face =
"Chilanka" size = "5"><b>Category : </b><font color
= "#35586C" face = "Chilanka" size = "5"> 30 Minutes or Less, Kid-Friendly
<br><font color = "#8F8FBC" face = "Chilanka" size = "5"><b>Food Group :
</b><font color = "#35586C" face = "Chilanka" size = "5"> Fruits, Vegetables,
Protein, Grains <br><button style = "font-size: 28px;"
onclick="location.href='https://www.nutrition.gov/recipes/sunshine-roll-ups';">Try
It Out</button>

                <tdstyle="text-
                align:center"><imgsrc="peanut.jpeg"height="200"width="250"border
        = "2"><br><br><font color = "#35586C" face = "Chilanka"size= "5"><u>Peanut
        Butter Balls</u><br><br>Callingallpeanutbutterlovers!
        Trythesesnackbites,sweetenedwithatouchof
        honey.<br><br><fontcolor="#8F8FBC"face="Chilanka"size="5"><b>Category:</
        b><fontcolor
= "#35586C" face = "Chilanka" size = "5">Kid Friendly<br><font color = "#8F8FBC"
face = "Chilanka" size = "5"><b>Food Group : </b><font color = "#35586C" face =
"Chilanka" size = "5"> Protein, Dairy, Grains <br><button style = "font-size: 28px;"
onclick="location.href='https://www.nutrition.gov/recipes/peanut-butter-balls';">Try It
Out</button>
        </tr>

        </table>

        </body>
        </html>
```

SOURCE CODE FOR CONTACT PAGE

```
        <htm
        l>

        <head>
            <link rel = "stylesheet" href="nutrition.css">
            <title>Nutrition Website</title>
        </head>

        <body bgcolor = "#D1EEEE">

            <p>
            <table width = "80%">
            <tr>
        <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
            <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
            </tr>
            </table>
        <hr>

        <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
        junction!!</marquee></font>
```

```html
<div class="navbar">
 <a href="nutrition.html">Home</a>
 <a href="nutrition_by_age.html">Nutrition by Age</a>
 <a href="supplements.html">Supplements</a>
 <a href="reciepies.html">Reciepies</a>
 <a href="faq.html">FAQ's</a>
 <a href="contact.html">Contact Us</a>
</div>

<table border = "2" cellpadding = "10">

<tr>
      <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">TRENDING
TOPICS</h1></font></i></u></th>
   <th rowspan = 3><p><font color = "#00688B" face = "Chilanka" size =
"5">CONTACT US</p></font>
<p><font color = "#9F79EE" face = "Chilanka" size = "4">Telephone Number -
+91 9021977490<br>Email ID- prajaktakeer01@gmail.com</p></font>
<p><font color = "#35586C" face = "Chilanka" size = "4">To Know more and visit
our world-class nutritionists and physicians fill in the details below</p>

<form action="/action_page.php">
    <label for="fname">First Name</label>
    <input type="text" id="fname" name="firstname" placeholder="Your
    name.."><br>
    <label for="lname">Last Name</label>
    <input type="text" id="lname" name="lastname" placeholder="Your last
    name.."><br>
```

```
        <label for="country">Country</label>
        <select id="country" name="country">
         <option value="australia">India</option>
         <option value="canada">Canada</option>
         <option value="usa">USA</option>
        </select><br>
        <label for="subject">Subject</label>
    <textarea id="subject" name="subject" placeholder="Write something.."
style="height:150px; width:350px"></textarea><br><br>
        <center><input type="submit" value="Submit"><center>
      </form></font></th>
      <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">FEATURED
RESOURCES</h1></font></i></u></th>
      </tr>

      <tr>
          <td style="text-align:center"><a href="healthy_living.html"><img src =
          "healthy_living.jpeg"
      height = "150" width = "200" border = "2"><br><br><font color = "#4D6FAC" size
      = "5" face = "Ubuntu">Healthy Living And Weight</font></a></img>
      <td style="text-align:center"><ahref="food_keeper.html"><imgsrc
="foodkeeper.jpeg"height = "150" width = "200" border = "2"><br><br><font
color ="#4D6FAC"size = "5" face = "Ubuntu">Food Keeper App</a></li></font></
img>
      </tr>

      <tr>
          <td style="text-align:center"><a href="printable.html"><img src =
          "printables.jpg" height =
"150" width = "200" border = "2"><br><br><font color = "#4D6FAC" size =
"5" face = "Ubuntu">Printable Materials And Handouts</a></img>
      <td style="text-align:center"><a href="historical_guidance.html"><img src =
"hist_guidance.jpg" height = "150" width = "200" border = "2"><br><br><font color
= "#4D6FAC" size = "5" face = "Ubuntu">Historical Dietary Guidance Digital
Collection</a></li></font></img>
      </tr>

      </table>

      </body>
      </html>
```

SOURCE CODE FOR FAQ'S PAGE

```
      <htm
      l>

      <head>
          <link rel = "stylesheet" href="nutrition.css">
          <title>Nutrition Website</title>
      </head>

      <body bgcolor = "#D1EEEE">

          <p>
          <table width = "80%">
```

```html
            <tr>
               <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
               <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
            </tr>
            </table>
        <hr>

        <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
        junction!!</marquee></font>

        <div class="navbar">
         <a href="nutrition.html">Home</a>
         <a href="nutrition_by_age.html">Nutrition by Age</a>
         <a href="supplements.html">Supplements</a>
         <a href="reciepies.html">Reciepies</a>
         <a href="faq.html">FAQ's</a>
         <a href="contact.html">Contact Us</a>
        </div>

        <table border = "2">
        <tr>
               <td><img src = "drink_water.webp"></img>
        <td><font color = "#00688B"><h1>Does Japanese Water Therapy Aid
Weight Loss?</h1></font>
        <font color = "#35586C" face = "Chilanka" size = "4">Japanese water therapy is
the practice of drinking several glasses of room-temperature water first thing in the
morning.
It also encourages strict eating windows of 15 minutes, with long breaks between
meals and snacks.
        While some people report that this habit has improved certain aspects of their health,
        many
        wonder whether it's an effective tool for weight loss.
<a href = "https://www.healthline.com/nutrition/water-therapy-for-weight-loss-
does-it-work#1">Read More -></a></font>

        <tr>
               <td><img src = "apples.jpg"></img>
```

```html
<td><font color = "#00688B"><h1>An Apple A Day Keeps A Doctor Away - Fact Or Fiction?</h1></font>
<font color = "#35586C" face = "Chilanka" size = "4">Apples are highly nutritious, but you may wonder whether they can really keep the doctor away. This article takes a close look at the old proverb and…
<a href = "https://www.healthline.com/nutrition/an-apple-a-day-keeps-the-doctor-away#1">Read More -></a></font>

    <tr>
        <td><img src = "almonds.jpg">
        <td><font color = "#00688B"><h1>Are Almonds Poisonous? Different Varieties
        Explained</h1></font>
    <font color = "#35586C" face = "Chilanka"size= "4">Almonds are nutritious and                                                                         generally thoughttobenefityourhealth,butthismaynotringtrueforallvarieties.Thisarticlereviewstwo varieties…
        <a href = "https://www.healthline.com/nutrition/are-almonds-poisonous#1">Read More -
        ></a></font>

    <tr>
        <td><img src = "lab_milk.jpg">
        <td><fontcolor="#00688B"><h1>WhatIsLabMilk?BenefitsandDrawbacks</h1></font>
        <fontcolor="#35586C"face="Chilanka"size="4">Youmayhaveheardofmeatgrown in
    laboratories, but lab-grown milk is on the horizon as well. This article tells you all you need to
    know about lab…
    <a href = "https://www.healthline.com/nutrition/lab-milk#1">Read More
    -></a></font>

    <tr>
        <td><img src = "sugar.jpg"></img>
        <td><font color = "#00688B"><h1>The 56 Most Common Names for Sugar (Some Are
    Tricky)</h1></font>
    <font color = "#35586C" face = "Chilanka" size = "4">Learn the names of 56 different types of sugar, such as sucrose and agave nectar. Also discover some foods that may contain them.
        <a href = "https://www.healthline.com/nutrition/56-different-names-for-sugar#1">Read More -
        ></a></font>

    </table>

    </body></html>
```

SOURCE CODE FOR PRINTABLES PAGE

```html
    <html>

    <head>
```

```html
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
</head>

<body bgcolor = "#D1EEEE">

        <p>
```

```
                <table width = "80%">
                <tr>
            <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
                <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
                </tr>
                </table>
        <hr>

        <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
        junction!!</marquee></font>

        <div class="navbar">
         <a href="nutrition.html">Home</a>
         <a href="nutrition_by_age.html">Nutrition by Age</a>
         <a href="supplements.html">Supplements</a>
         <a href="reciepies.html">Reciepies</a>
         <a href="faq.html">FAQ's</a>
         <a href="contact.html">Contact Us</a>
        </div>

        <table border = "2">
                <tr>
        <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">TRENDING
TOPICS</h1></font></i></u></th>
        <td rowspan = "3"><font color = "#00688B" face = "Chilanka" size =
"8"><center>Printable Materials And Handouts</font></center>
        <img src = "pr1.jpg" height = "250" width = "300" border = "2"></img> <img src =
        "pr2.jpg" height
= "250" width = "300" border = "2"> <img src = "pr3.jpg" height = "250" width =
"300" border = "2">

        <font color = "#35586C" face = "Chilanka" size = "4"><p>
Find printable handouts and fact sheets that can be used for health fairs, classes, and
other food or nutrition-related events.

        <ul>
            <li><a href = "https://www.choosemyplate.gov/resources/myplate-tip-
            sheets"><font color
        = "#0276FD" face = "Chilanka" size = "4">ChooseMyPlate Printable
        Materials</font></a><br>
        The ChooseMyPlate.gov website includes a number of print materials,
available as downloadable PDFs. These materials are in the public domain.

        <li><a href = "https://www.choosemyplate.gov/node/5780"><font color =
"#0276FD" face = "Chilanka" size = "4">Food Fact Cards</font></a><br>
        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.
```

```html
        <li><a href = "https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/kids-activity-sheets"><font color = "#0276FD" face = "Chilanka" size = "4">MyPlate Activity Sheets for Kids</font></a><br>
        Want your kids to learn how to build a healthy meal? Use these clever activity sheets to find ideas and tips!
        </ul>
    </font></p>
            </tr>

            <tr>
        <td><a href="healthy_living.html"><img src = "healthy_living.jpeg" height = "150" width = "200"><br><br><font color = "#4D6FAC" size = "5" face = "Ubuntu">Healthy Living And Weight</font></a></img>
            </tr>

            <tr>
        <td><a href="printable.html"><img src = "printables.jpg" height = "150" width = "200"><br><br><font color = "#4D6FAC" size = "5" face = "Ubuntu">Printable Materials And Handouts</a></img>
            </tr>
        </table>

        </body>
        </html>
```

SOURCE CODE FOR HEALTHY LIVING AND WEIGHT PAGE

```html
<html>

<head>
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
</head>

<body bgcolor = "#D1EEEE">

        <p>
        <table width = "80%">
        <tr>
        <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
        <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
        </tr>
        </table>
<hr>

<font size = "5" face = "Chilanka"><marquee>Welcome to nutri
junction!!</marquee></font>

<div class="navbar">
 <a href="nutrition.html">Home</a>
 <a href="nutrition_by_age.html">Nutrition by Age</a>
 <a href="supplements.html">Supplements</a>
 <a href="reciepies.html">Reciepies</a>
 <a href="faq.html">FAQ's</a>
 <a href="contact.html">Contact Us</a>
</div>

<table border = "2">
        <tr>
    <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">TRENDING
TOPICS</h1></font></i></u></th>
    <td rowspan = "3"><font color = "#00688B" face = "Chilanka" size =
"8"><center>Healthy Living And Weight</font></center>
        <img src = "hl1.png" height = "250" width = "300" border = "2"></img> <img src =
        "hl2.png" height
= "250" width = "300" border = "2"> <img src = "hl3.jpg" height = "250" width =
"300" border = "2">

        <font color = "#35586C" face = "Chilanka" size = "4"><p>
Learn how to maintain a healthy weight, how to lose weight naturally with a healthy
diet, and how to establish a positive body image. View information on exercise, popular
diets and more.

        <ul>
        <li><a href = "https://www.nutrition.gov/topics/healthy-living-and-weight/body-
```

image">Body Image

Learn about establishing and maintaining a positive body image through
healthy eating
habits.

```
<li><a href =
"https://www.nutrition.gov/topics/healthy-living-and-weight/physical-activity"><font
color = "#0276FD" face = "Chilanka" size = "4">Physical Activity</a><br></font>
```
Find information and resources related to physical activity and weight
management.

```
<li><a href =
"https://www.nutrition.gov/topics/healthy-living-and-weight/strategies-
success"><font color = "#0276FD" face = "Chilanka" size = "4">Strategies for
Success</a><br></font>
```
Find resources to help you lose or gain weight safely and effectively.

```
<li><a href =
"https://www.nutrition.gov/topics/healthy-living-and-weight/weight-management-
youth"><font color = "#0276FD" face = "Chilanka" size = "4">Weight Management
for Youth</a><br></font>
```
Understand how to address weight issues in children and teens with healthy
guidelines, links to interactive and skill-building tools, and more.

```
<li><a href = "https://www.nutrition.gov/topics/healthy-living-and-weight/what-
you-should-know-about-popular-diets"><font color = "#0276FD" face = "Chilanka"
size = "4">What You Should Know About Popular Diets</a><br></font>
```
Learn how to evaluate claims made by weight loss products and diets. Find
information to choose weight loss strategies that are healthy, effective and safe for
you.

```
</ul>
</font></p>
    </tr>

    <tr>
<td><a href="healthy_living.html"><img src = "healthy_living.jpeg" height = "150"
width = "200"><br><br><font color = "#4D6FAC" size = "5" face = "Ubuntu">Healthy
Living And Weight</font></a></img>
    </tr>

    <tr>
<td><a href="printable.html"><img src = "printables.jpg" height = "150"
width = "200"><br><br><font color = "#4D6FAC" size = "5" face =
"Ubuntu">Printable Materials And Handouts</a></img>
    </tr>
</table>

</body>
</html>
```

SOURCE CODE FOR FOOD KEEPER APP PAGE

```
<html>

<head>
```

```html
            <link rel = "stylesheet" href="nutrition.css">
            <title>Nutrition Website</title>
      </head>

      <body bgcolor = "#D1EEEE">

            <p>
            <table width = "80%">
            <tr>
         <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
            <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
            </tr>
            </table>
      <hr>

      <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
      junction!!</marquee></font>

      <div class="navbar">
       <a href="nutrition.html">Home</a>
       <a href="nutrition_by_age.html">Nutrition by Age</a>
       <a href="supplements.html">Supplements</a>
       <a href="reciepies.html">Reciepies</a>
       <a href="faq.html">FAQ's</a>
       <a href="contact.html">Contact Us</a>
      </div>

      <table border = "2">
            <tr>
      <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">FEATURED
RESOURCES</h1></font></i></u></th>
      <td rowspan = "3"><font color = "#00688B" face = "Chilanka" size =
"8"><center>Food Keeper App</font></center>
<img src = "fk1.jpeg" height = "250" width = "300" border = "2"></img> <img src
= "fk2.jpeg" height = "250" width = "300" border = "2"> <img src = "fk3.jpeg"
height = "250" width = "300" border = "2">

<font color = "#35586C" face = "Chilanka" size = "4"><p>The FoodKeeper helps you
understand food and beverages storage. It will help you maximize the freshness and
quality of items. By doing so you will be able to keep items fresh longer than if they
were not stored properly. It was developed by the USDA's Food Safety and Inspection
Service, with Cornell University and the Food Marketing Institute. It is also available as
a mobile application for Android and Apple devices.
      </p>
```

```
<p><a href = "https://play.google.com/store/apps/details?
id=gov.usda.fsis.foodkeeper2"><img src
=
"https://lh3.googleusercontent.com/
3Z14tYn7BjQGZHRWIURKl757eLndXyadskJkDm8r7WuRo93dc
xb0XbYxiI2qSs3t5Ug=s180" height = "20%" width = "7%"></img><font color =
"#0276FD" face = "Chilanka" size = "6">FoodKeeper</a><font color = "#35586C"
face = "Chilanka" size = "4"></p>

<p>The FoodKeeper can help consumers use food while at peak quality and reduce
waste. The storage times listed are intended as useful guidelines and are not hard-
and-fast rules. Some foods may deteriorate more quickly while others may last longer
than the times suggested. The times will vary depending on the growing conditions,
harvesting techniques, manufacturing processes, transportation and distribution
conditions, nature of the food, and storage temperatures.
Remember to buy foods in reasonable quantities and rotate the products in
your pantry, refrigerator, and freezer.</p>

<p>Every year, billions of pounds of good food go to waste in the U.S. because
consumers are not sure of its quality or safety. Food waste from households represents
about 44% of all food waste generated in the U.S. By reducing food waste through
buying appropriate quantities, storing foods properly, cooking what is needed and
composting, consumers can save money and reduce the amount of food going to
landfills.</p>

        </font>
            </tr>

            <tr>
    <td><ahref="food_keeper.html"><imgsrc ="foodkeeper.jpeg"height = "150" width =
"200"><br><br><font color ="#4D6FAC"size = "5" face = "Ubuntu">Food Keeper
App</a></li></font></img>
            </tr>

            <tr>
    <td><ahref="historical_guidance.html"><imgsrc="hist_guidance.jpg"height="
150"
width="200"><br><br><fontcolor="#4D6FAC"size="5"face="Ubuntu">HistoricalD
ietary Guidance DigitalCollection</a></li></font></img>
            </tr>
        </table></body>
        </html>
```

SOURCE CODE FOR HISTORICAL DIETARY GUIDANCE AND DIGITAL COLLECTION PAGE

```
<html>

<head>
        <link rel = "stylesheet" href="nutrition.css">
        <title>Nutrition Website</title>
</head>
```

```
<body bgcolor = "#D1EEEE">
```

```html
        <p>
        <table width = "80%">
        <tr>
     <td><a href="nutrition.html"><img src = "logo.png" height = "100" width
= "150" border = "2"></a></td>
        <td style="text-align:center"><font color = "#00688B" size = "10"
face = "Purisa"><b>NUTRI JUNCTION</font></p></font>
        </tr>
        </table>
    <hr>

    <font size = "5" face = "Chilanka"><marquee>Welcome to nutri
    junction!!</marquee></font>

    <div class="navbar">
     <a href="nutrition.html">Home</a>
     <a href="nutrition_by_age.html">Nutrition by Age</a>
     <a href="supplements.html">Supplements</a>
     <a href="reciepies.html">Reciepies</a>
     <a href="faq.html">FAQ's</a>
     <a href="contact.html">Contact Us</a>
    </div>

    <table border = "2">
        <tr>
   <th><h1><i><u><font color = "#4682B4" face = "Ubuntu">FEATURED
RESOURCES</h1></font></i></u></th>
    <td rowspan = "3"><font color = "#00688B" face = "Chilanka" size =
"8"><center>Historical Dietary Guidance Digital Collection</font></center>
        <img src = "hdg.png" heigth = "40%" width = "100%" border = "2"></img>

        <font color = "#35586C" face = "Chilanka" size = "4"><p>
The United States government has published dietary advice for more than one hundred
years. In response to popular interest in these documents, the National Agricultural
Library has collected, digitized, and united more than 1,200 items into a single online
tool, the Historical Dietary Guidance Digital Collection.
The Historical Dietary Guidance Digital Collection allows the public to discover and
research the history of nutrition education and dietary advice online. Materials in this
collection include historical nutrition education materials, such as posters, recipes, and
radio transcripts, as well as current nutrition education materials.
These documents are historical; please do not assume this content reflects current
scientific knowledge, policies, or practices.
        </p></font>

        <center><a href =
        "https://naldc.nal.usda.gov/historical_dietary_guidance_digital"><font color =
        "#0276FD" face = "Chilanka" size = "5">CLICK HERE TO EXPLORE
        MORE</a></center>
        </tr>

        <tr>
```

```html
      <td><ahref="food_keeper.html"><imgsrc ="foodkeeper.jpeg"height = "150" width = "200"><br><br><font color ="#4D6FAC"size = "5" face = "Ubuntu">Food Keeper App</a></li></font></img>
            </tr>

            <tr>
      <td><ahref="historical_guidance.html"><imgsrc="hist_guidance.jpg"height=" 150" width="200"><br><br><fontcolor="#4D6FAC"size="5"face="Ubuntu">HistoricalD ietary Guidance DigitalCollection</a></li></font></img>
            </tr>
      </table>

      </body>
      </html>
```

CSS FILE : contains only styling for navigation bar

```
.navbar {
        overflow: hidden;
        background-color:
        #333; width: 100%; /*
        Full width */
}

/* Links inside the navbar */
.navbar a {
         float: left;
         display:
         block; color:
         #f2f2f2; text-
         align:center;
         padding: 14px
         16px; text-
         decoration: none;
}

/* Change background on mouse-over */
.navbar a:hover {
        background:
        #ddd; color:
        black;
}
```

REFERENCES

1) https://www.w3schools.com/
2) https://www.nutrition.gov/
3) https://www.healthline.com/