








## Access from any device!

MedlinePlus provides a consistent user experience from a computer, tablet, or phone. All users, no matter how they access MedlinePlus, will find the same trusted health information.

 Get e-mail alerts

 Subscribe to RSS feeds

   Find and share on social media



## Healthy Recipes

Cooking healthy meals just got easier! MedlinePlus Healthy Recipes is a great collection of easy recipes that show you how to prepare tasty, healthy meals that help you develop a healthy eating pattern. Try out a variety of these recipes to include as part of your healthy lifestyle.

<https://medlineplus.gov/recipes/>

## About MedlinePlus

MedlinePlus is the National Institutes of Health's (NIH) website for patients and their families and friends. Produced by the National Library of Medicine (NLM), the world's largest medical library, MedlinePlus provides information about diseases, conditions, and wellness topics in language you can understand. MedlinePlus offers reliable, up-to-date health information—anytime, anywhere, and for free. There is no advertising on the site, nor does MedlinePlus endorse any company or product.

## Need help?

Librarians can help find health information for patients and professionals. To identify a local library, visit <https://nnlm.gov/members/directory>. The National Network of Libraries of Medicine (NNLM), an outreach program of NLM, provides assistance and training nationwide. Contact the NNLM by visiting <https://nnlm.gov/>.



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This brochure is freely available at: <https://nnlm.gov/trifolds/mptri.pdf>



## Learn more about



**Diseases, illnesses, health conditions, and wellness topics**



**Symptoms, causes, treatment, and prevention**



**Side effects and interactions for drugs and herbs**



**and a whole lot more at**  
<https://medlineplus.gov/>

<https://medlineplus.gov/>

The screenshot shows the MedlinePlus website homepage. At the top, it features the NIH U.S. National Library of Medicine logo and the MedlinePlus logo with the tagline "Trusted Health Information for You". A search bar is located in the top right corner. Below the search bar are navigation links for "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation bar includes "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español".

The left sidebar contains several categories with icons and brief descriptions:

- Health Topics**: Find information on health, wellness, disorders and conditions.
- Drugs & Supplements**: Learn about prescription drugs, over-the-counter medicines, herbs, and supplements.
- Videos & Tools**: Discover tutorials, health and surgery videos, games, and quizzes.
- Medical Tests**: Learn why your doctor orders medical tests and what the results may mean.
- Medical Encyclopedia**: Articles and images for diseases, symptoms, tests, treatments.
- Healthy Recipes**: A button for accessing healthy recipes.

The main content area features a "Share MedlinePlus" section with social media icons (email, Facebook, Twitter, Pinterest). Below this is a featured article titled "Staying healthy can be a challenge, but simple lifestyle changes can help." with a "Healthy Recipes" link and a carousel of images. There is also a "Tweets by @MedlinePlus" section showing a tweet about Sarcoidosis. Other sections include "Stay Connected" with a newsletter sign-up form, "NIH MedlinePlus Magazine" with a link to the latest issue, and "Clinical Trials" with a link to search on ClinicalTrials.gov.

The footer contains several service links: "Easy-to-Read Materials", "Organizations and Directories", "Health Information in Multiple Languages", and "MedlinePlus Connect for EHRs". It also includes options to "Get email updates", "Subscribe to RSS", and "Follow us" on social media.

## What can I find on MedlinePlus?

### Health Topics

Read about symptoms, causes, treatment, and prevention for over 1,000 diseases, illnesses, and health conditions

### Drugs, Herbs, and Supplements

Learn about prescription drugs, over-the-counter medicines, dietary supplements, and herbal remedies

### Health and Surgery Videos

Watch health videos on topics such as anatomy, body systems, and surgical procedures

### Medical Tests

Learn about medical tests, including what the tests are used for, why a doctor may order a test, how a test will feel, and what the results may mean

### Medical Encyclopedia

More than 4,000 articles about diseases, tests, injuries, and surgeries, including an extensive library of photographs and illustrations

### Health Check Tools and Games

Check your knowledge and health status with quizzes, self-assessments, decision guides, and interactive, educational games

### Easy-to-Read Materials

Health information in plain language

### Multiple Languages

Health information in over 50 languages

**And much, much more!**

MedlinePlus provides users with information to better understand their health and diagnosed disorders. Consult with a qualified physician for diagnosis and answers to your personal questions.