This study analyses recommendations for improving nutrition through agriculture. These recommendations were analyzed as to their origins and publication dates, the objectives of the actions, the content of the recommendations, the types of actions, and their implementation arrangements. This is a qualitative study done through content analysis. Five texts were analyzed. In terms of dates, one document was published in 2013, three in 2014, and one in 2015. In terms of authors: two documents came from the FAO, one from a community of practice, one document came from Council on Food and Nutrition Security (FNS) and one from an international research institution. The main objectives were identified, in order of frequency, as: reducing malnutrition, promoting FNS, and reducing possible negative effects. In terms of content, the recommendations contain five common elements: multisectoral collaboration, the empowerment of women, nutrition education, a focus on policies and programs, and an agrofood system approach. The differences were found in the involvement of the private sector, the role of the state in conducting actions, and in social participation. The documents entail recommendations for programs, interventions, and policies. The most cited arrangement for implementation was multisectoral, with only one text problematizing potential conflicts of interest with the involvement of the private sector. The interaction between agriculture and nutrition is necessary and tends to intensify as a result of the complex problems that assault the different population groups. Case studies are recommended to better understand the implementation processes of such recommendations.