REFERENCES


   This book uses current research to introduce and explain the nutritional requirements needed for normal growth and function, special considerations, and specific recommendations for humans at each individual stage of life, from preconception to older adults.


   This website provides evidenced based treatment goals and interventions for managing prediabetes through prevention, life style treatments such as physical activity, weight loss, nutrition recommendations, pharmacological agents for adults and adolescents that is accepted and utilized by the professional American Association of Clinical Endocrinologists.


   This website is a public resource for various audiences including for public use of various ages, health professionals and educators who are interested in learning about nutrition or teach nutrition to individuals. The nutrition information provided is based on the Dietary Guidelines for Americans and current evidenced based research, such as recommended healthful diets for individuals through ought various stages of life.

This online resource provides an overview of Barlow’s Expert Committee’s summary report of recommendations for preventing, assessing, and treating adolescent obesity and overweight, including epidemiology and etiology of pediatric overweight and obesity and associated risks, the four stages of treatment recommendations for families and children, interventions and intervention recommendations, diagnostic criteria for hyperlipidemia and treatment recommendations.


This website provides a user friendly brief overview of the American Diabetes Association diabetic food exchange lists, providing a breakdown of serving sizes of macronutrients based on their energy density and macronutrient breakdown for individuals to use to see standard serving sizes of foods to use to eat right for a variety of reasons, including weight or glucose management.

This is a jointly published report designed for professionals who help individuals aged 2 or older eat a healthy, nutritious diet. The report provides dietary and nutritional guidance for American citizens and federal agencies based on preponderance of the current scientific and medical knowledge available at the time it was published, with the guidelines building from the Scientific Report of the 2015 Dietary Guidelines Advisory Committee, consideration of Federal agency and public comments.