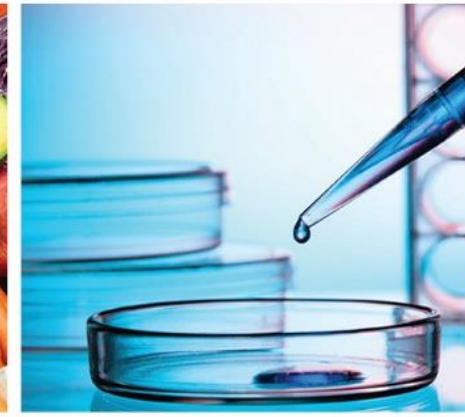


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- Tufts USDA HNRCA: <https://hnrca.tufts.edu/>
- My Plate for Older Adults: <https://hnrca.tufts.edu/flipbook/resources/my-plate-for-older-adults/>
- USDA Food Data Central: <https://fdc.nal.usda.gov>
- NIH Office of Dietary Supplements: <https://ods.od.nih.gov/>
Supplement Fact Sheets: <https://ods.od.nih.gov/factsheets/list-all/>
- Linus Pauling Institute Micronutrient Information Center:
<https://lpi.oregonstate.edu/mic>
<https://lpi.oregonstate.edu/mic/nutrient-index>