

# References

*Disclaimer: All resources provided are from government websites or have been gathered from the National Agricultural Library*

## Policy Document

* [ACL Nutrition Services](https://acl.gov/programs/health-wellness/nutrition-services) – Find more about eligibility, purpose of the Older Americans Act (OAA) Nutrition Program, nutrition quality standards, and nutrition program policies.
* [Dietary Guidelines for Americans 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
* [MyPlate for Older Adults](http://hnrca.tufts.edu/myplate/) (Tufts University)
* [MyPlate](https://www.myplate.gov/) (USDA) – Learn what MyPlate is, how it differs between life stages, and access nutrition education resources.
* [National Agricultural Library](https://www.nal.usda.gov/main/) (USDA) – Source for reliable nutrition resources.
* [Nutrition.gov](https://www.nutrition.gov/) (USDA) – Find more about nutrition topics, recipes, answers to nutrition-related questions, and how to make healthier eating choices.
* [Older Americans Act](https://acl.gov/sites/default/files/about-acl/2020-04/Older%20Americans%20Act%20Of%201965%20as%20amended%20by%20Public%20Law%20116-131%20on%203-25-2020.pdf)

## Menu Creation Tool Kit

* [Food Shopping and Meal Planning Resources](https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/food-shopping-and-meal-planning) (USDA)
* [MyPlate](https://www.myplate.gov/) (USDA) – Learn what MyPlate is, how it differs between life stages, and access nutrition education resources.

## Full Program Menus

* [Baltimore County, Maryland](https://resources.baltimorecountymd.gov/Documents/Aging/menu.pdf)
* [Bristol Elder Services, Massachusetts](http://www.bristolelder.org/wp-content/uploads/2021/07/August-menu.pdf)
* [Dexter Senior Center, Michigan](https://www.dexterseniors.org/)
* [Habersham County, Georgia](https://www.habershamga.com/seniorcenter.cfm)
* [Jasper County, Iowa](https://www.co.jasper.ia.us/Archive.aspx?AMID=37)
* [Johnson County, Kansas](https://www.jocogov.org/dept/human-services/area-agency-aging/nutrition-services)
* [St. Mary’s County, Maryland](https://www.stmarysmd.com/aging/meals.asp)
* [Wasilla Area Seniors, Alaska](https://www.wasillaseniors.com/lunch-menu/)

## Dietary Guidelines for Americans (DGA) Tip Sheet

* [ACL Nutrition Services and OAA requirements](https://acl.gov/programs/health-wellness/nutrition-services)
* [DGA Development Process](https://www.dietaryguidelines.gov/resources/about-process) (USDA)
* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
* [FoodData Central](https://fdc.nal.usda.gov/) (USDA) – An integrated data system that provides expanded nutrient profile data and links to related agricultural and experimental research.
* [MyPlate](https://www.myplate.gov/) (USDA) – Learn what MyPlate is, how it differs between life stages, and access nutrition education resources.
* [Nutrition.gov](https://www.nutrition.gov/) (USDA) – Find more about nutrition topics, recipes, answered nutrition-related questions, and how to make healthier eating choices.
* [Using the Nutrition Facts Label: For Older Adults](https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults) (FDA)

## Dairy Tip Sheet

* [Calcium Resources](https://www.nal.usda.gov/fnic/calcium) (USDA National Agricultural Library)
* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
* [Food Sources of Calcium](https://www.dietaryguidelines.gov/food-sources-calcium) (DGA)
* [Lactose Intolerance](https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance) (NIH)
* [MyPlate: Dairy](https://www.myplate.gov/eat-healthy/dairy) (USDA)

* [Nutrition Needs for Older Adults: Calcium](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Calcium_FINAL_508.pdf) (NRCNA)
* [Older Americans Act](https://acl.gov/sites/default/files/about-acl/2020-04/Older%20Americans%20Act%20Of%201965%20as%20amended%20by%20Public%20Law%20116-131%20on%203-25-2020.pdf)

## Limiting Sodium, Sugar, and Fat Tip Sheet

* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
* [Food Essentials: Fat](https://www.eatforhealth.gov.au/food-essentials/fat-salt-sugars-and-alcohol/fat) (Australian Government Department of Health)
* [Key Food Sources of Sodium, Saturated Fat, Empty Calories, and Refined Grains in the Diets of Program Participants](https://acl.gov/sites/default/files/programs/2019-01/AoA_Issue_Brief_Food_Sources.pdf) (ACL Issue Brief)
* [Sodium in Your Diet](https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet) (FDA)
* [Start Simple with MyPlate Today](https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf) (USDA) – Includes guidance on choosing less sugar, fat, and sodium.
* [Tips for Reducing Sodium without Reducing Flavor](https://acl.gov/sites/default/files/nutrition/NRCNA_SodiumPracticeBrief_Final_508.pdf) (NRCNA)
* [Whole Grains Council](https://wholegrainscouncil.org/) – Learn about whole vs. refined grains.

## Vitamins and Minerals Tip Sheet

* [Calcium Resources](https://www.nal.usda.gov/fnic/calcium) (USDA National Agricultural Library)
* [Daily Value on the New Nutrition and Supplement Facts Labels](https://www.fda.gov/food/new-nutrition-facts-label/daily-value-new-nutrition-and-supplement-facts-labels#:~:text=As%20a%20general%20guide%3A%205%25%20DV%20or%20less,Lower%20in%20saturated%20fat%2C%20sodium%2C%20and%20added%20sugars) (FDA) – Learn more about vitamin and minerals on the nutrition label and what daily value actually means.
* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
* [NIH Office of Dietary Supplements](https://ods.od.nih.gov/)
* [Nutrient Recommendations: Dietary Reference Intakes](https://ods.od.nih.gov/HealthInformation/Dietary_Reference_Intakes.aspx) (NIH Office of Dietary Supplements)
* [Nutrition Needs for Older Adults: Calcium](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Calcium_FINAL_508.pdf) (NRCNA)
* [Nutrition Needs for Older Adults: Vitamin B-12](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Vitamin-B12_FINAL-2.18_508.pdf) (NRCNA)
* [Nutrition Needs for Older Adults: Vitamin D](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Vitamin-D_FINAL_508.pdf) (NRCNA)
* [Potassium in diet](https://medlineplus.gov/ency/article/002413.htm) (MedlinePlus)
* [Potassium Resources](https://www.nal.usda.gov/fnic/potassium) (USDA National Agricultural Library)
* [Understanding Food Marketing Terms](https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms) (Academy of Nutrition and Dietetics) – Learn more about processed and unprocessed foods.
* [Vitamins and Minerals Resources](https://www.nal.usda.gov/fnic/vitamins-and-minerals) (National Agricultural Library)
* [Vitamins and Minerals](https://www.nutrition.gov/topics/whats-food/vitamins-and-minerals) (UDSA)
* [Vitamin B12 Factsheet](https://ods.od.nih.gov/factsheets/Vitaminb12-HealthProfessional/#h3) (NIH)
* [Vitamin D Factsheet](https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/) (NIH)

## Dietary Fiber Tip Sheet

* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
* [Fiber Resources](https://www.nutrition.gov/topics/whats-food/fiber) (Nutrition.gov)
* [Fiber Resources](https://www.nal.usda.gov/fnic/fiber) (USDA National Agricultural Library)
* [Interactive Nutrition Facts Label: Dietary Fiber](https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_DietaryFiber_March2020.pdf) (FDA)
* [New Nutrition Label Facts](https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label) (FDA)
* [Nutrition Needs for Older Adults: Fiber](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Fiber_FINAL-2.19-FINAL_508.pdf) (NRCNA)
* [The Nutrition Source: Fiber](https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/) (Harvard School of Public Health)

## Protein Tip Sheet

* [Clinical Definition of Sarcopenia](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4269139/)
* [Dietary Guidelines for Americans, 2020-2025](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
* [FoodData Central](https://fdc.nal.usda.gov/) (USDA) – An integrated data system that provides expanded nutrient profile data and links to related agricultural and experimental research.
* [Frailty Syndrome: Definition and Natural History](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3028599/)
* [MyPlate: Protein Foods](https://www.myplate.gov/eat-healthy/protein-foods) (USDA)

* [Nutrition Needs for Older Adults](https://acl.gov/sites/default/files/nutrition/Nutrition-Needs_Protein_FINAL-2.18.20_508.pdf) (NRCNA)
* [Protein Consumption and the Elderly: What Is the Optimal Level of Intake?](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924200/)
* [Protein Requirements and Recommendations for Older People: A Review](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555150/)
* [USDA National Nutrient Database for Standard Reference: Protein](https://www.nal.usda.gov/sites/www.nal.usda.gov/files/protein.pdf)