

Nutrition & Aging Resources

US Dietary Guidelines

<https://www.dietaryguidelines.gov/>

US Department of Agriculture, MyPlate for Older Adults

<https://www.myplate.gov/web/web/web/web/life-stages/older-adults>

US Food & Drug Administration

<https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults>

National Institute on Aging

<https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet>

Strong Bodies, Wisconsin

<https://health.extension.wisc.edu/strongbodies/>

HHS. Office of Disease Prevention and Health Promotion.

https://odphp.health.gov/sites/default/files/2021-07/PAG_MYW_FactSheet_OlderAdults_07-08_508c.pdf

Aging and Disability Resource Center of Dane County

<https://www.daneadrc.org/>

Area Agency on Aging

<https://www.dcdhs.com/Area-Agency-on-Aging>