



THE GOOD SHEPHERD FOOD PANTRY

Healthy, Happy, Smart



A Nutritional Manual

This publication can be viewed and downloaded from our website
www.goodshepherdfoodpantry.com

Citations:

U.S. Department of Agriculture (USDA)

Dietary Guidelines for Americans (DGA)

(More references can be found at the very end of the manual)

The use of this nutritional guidelines is to share the importance of healthy eating habits for the community living in Bertie County. This nutritional guide will go into the background and mission of the Good Shepherd Food Pantry, details about healthy eating patterns, the nutritional values behind vegetables, fruits, grains, beverages, meats, and other items, that the good shepherd food pantry provides. It will also list all the unhealthy foods that are high in added sugar, saturated fat and sodium as well as, limiting them for individuals to obtain a healthier lifestyle.

We thank the staff, board members and volunteers for putting their all when it comes to distributing food for the community. Special thanks to our executive director Ms. Freeman Deborah, for always pushing for the community to get access to food in many different ways. As well as a thanks to our intern, Patriska Richard, for putting this nutritional guide together.

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Introduction

History



The Good Shepherd Food Pantry of Bertie County began as an interfaith and multiracial organization dedicated to bringing a variety of citizens together to obtain different benefits when it comes to food.

The GSFP has received support from the Food Bank of the Albemarle, with added support from other local organizations, business and schools, the GSFP has been holding food drives and collecting canned goods for monthly distribution.

With the increase in applications of families that need food assistance raising drastically, over the years, the GSFP started its annual 5k charity event, known as the Spectacular Fall Jamboree, with the help from a former Windsor resident who has been president of the Outer Banks Relief Foundation.

Since 2020, the GSFP has made a commitment to serve on average 800 families a month, in addition to two distribution programs Commodity Supplemental Food Program (CSFP) and Healthy Opportunity Program (HOP), providing healthy food boxes to those in need.

Mission



The Mission of the Good Shepherd Food Pantry is to increase self-reliance, relieve hunger and improve the quality of life for Bertie County Families. After serving over 7,890 households throughout 2023, we do everything we can to ensure Bertie County's 9 towns are continuously served, allowing all those who live within the county to receive healthy food items.



Nutrition and Dietary Practice

What is A Healthy Diet?

A healthy diet is one that maintains or improves the overall health of the individual. This provides the body with essential nutrition, proteins, vitamins, fiber and energy for the body throughout the day.



A healthy diet may contain fruits, vegetables, and whole grains, which also may include little to no processed food items or sweetened beverages. Eating a variety of nutritional and healthy foods provides benefits and sufficient calories for individuals on the daily.

Health Benefits

Maintaining a healthy lifestyle and diet provides the consumer with different health benefits for a lifetime. These benefits go from a range of:

Stronger Bones: A diet rich in calcium and vitamin D supports bone health

Protects the Heart: Eating a balanced diet lowers the risk of heart disease and improves heart health

Prevents Diseases: A healthy diet prevents chronic diseases like diabetes and obesity

Boosts Mood: Eating healthy can enhance mental well-being and improve mood

Improves Cognitive Health: Having a healthy lifestyle can help cognitive functions, reducing the risk of cognitive decline.



Consequences

Eating foods high in calories, sugars, and fats often result in poor health for the consumer. This often leads to harmful long-term effects which include:



Cardiovascular Problems:

eating red meat, and sugary treats may cause inflammation

High Cholesterol: Diets high in saturated fat can raise the levels of 'bad' cholesterol

Diabetes: Foods high in calories and low in nutrients, can cause a rapid increase in blood sugar levels.

Obesity: Consuming foods low in nutrients will cause obesity over time. This could lead to a various number of chronic diseases like respiratory problems, cancer, and other complications.

Depression: Eating foods with a lack of proper nutrients could make the consumer less active, and decrease mental health.

Supporting Calories

To achieve a healthy diet, the calories a person consumes daily must be accounted for. The total number of calories a person needs on a daily basis, has many different factors like, the person's age, sex, height, weight, pregnancy, and how active they are throughout the day.

Due to the body's metabolism reducing over time with aging, the calorie needs for adults reduce as well. The need to reduce, maintain, or gain weight affects how many calories a person consumes on the daily. To maintain a current weight status, a balance between calories you eat and drink, with the calories your body uses each day is needed.

An average estimation of calorie count has been created through a calculator. Found on:
<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>

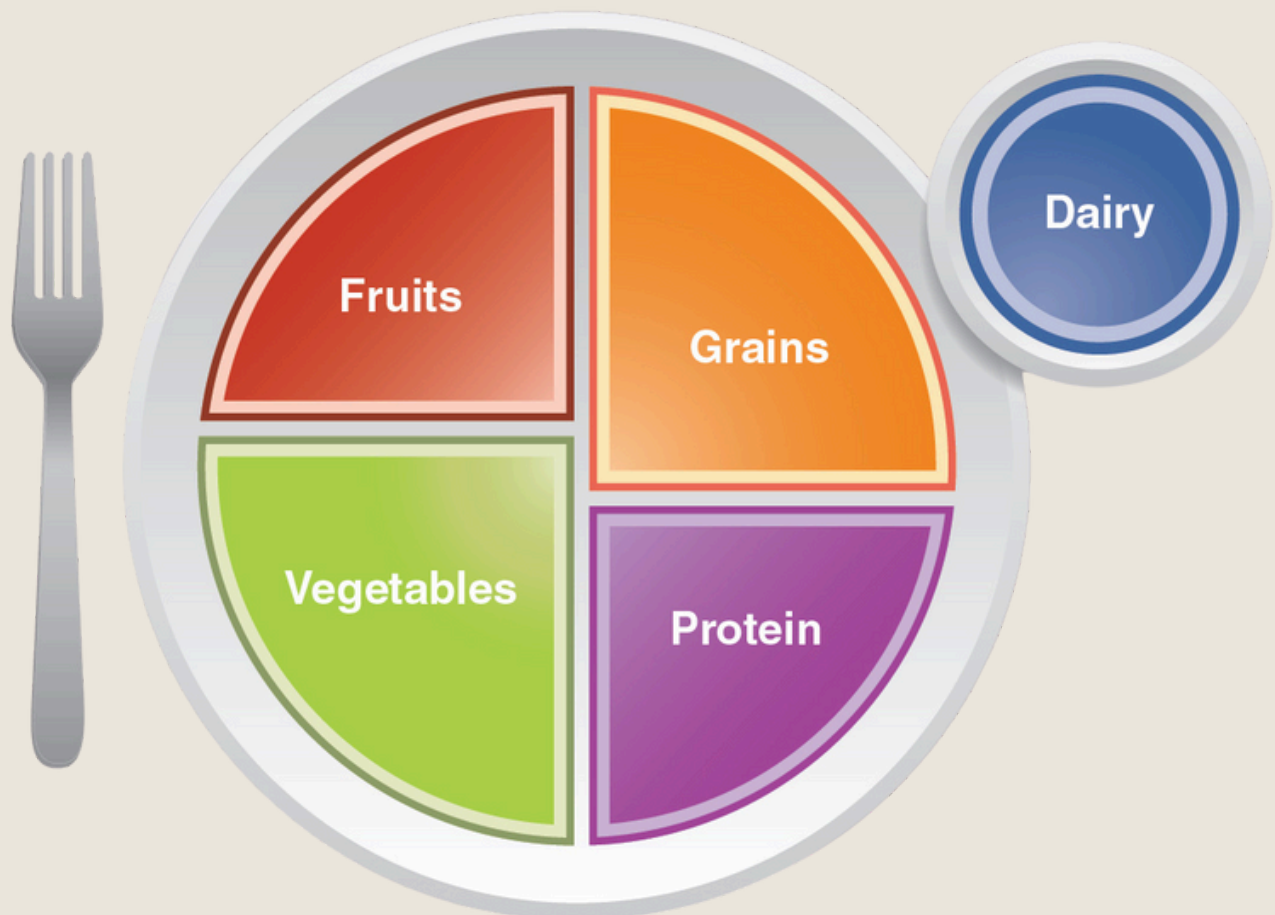




Food Plate

Food Plate Knowledge

The Healthy Food Plate is a plate that is divided into five sections. Each section represents the amount of food that a person should eat. While vegetables and fruits make up one half of the plate, grains and protein make up the other half, with dairy products on the side. This model is used to ensure that consumers set an ideal meal for themselves and their families. It has been deemed important for families to give information about the portion size for difference in people's weights.



Building a Food Plate

Building a healthy food plate for the consumer requires a various number of steps to be used. These steps for building a healthy and balanced diet include:

Make most meals with fruits and vegetables (1/2 of your plate):

Half of the plate should be a mix of fruits and vegetables, that have been cut up without added sugars. Aiming for a different variation of fruits/vegetables allows for more nutrients in the body.

Go for whole grains (1/4 of your plate): Whole wheat, brown rice, oats and more will have a positive effect on the blood sugar and insulin than other refined grains.

Healthy oils (moderate): Putting healthy vegetable oils like olive, canola, soy, and other oils will help limit the fats in the body on a daily basis.

Needed proteins (1/4 of your plate): Having a healthy area of poultry, fish, nuts, and beans gives way to a great source of protein. They can easily be mixed with vegetables or grains in the plate for the consumer.

Drink water: Limit dairy products and juice to one to two servings per day.

Other Recommendations

The USDA Dietary Guidelines have created other recommendations for consumers to follow for their food plate. These include:

Follow a healthy dietary pattern at every cycle. What you eat most of the time, would determine your health in the long run.

Eat Nutrient Dense Food. Foods filled with vitamins and minerals that promote the health of the consumer.

Customize your choices. Eating healthy can still be enjoyable for the consumer. Adding your own personal preferences, culture in the food and different food groups can add to the experience.

Follow Carbohydrates. The type of carb you consume is as important as the amount of carbs in the diet, because sources of carbohydrates are healthier than others.

Avoid sugar, sweeteners, and fats. Any food that has additional sugar, sweeteners, fatty oils and more, are not healthy for the consumer.



Healthy Food Items

Knowledge of Foods

Eating a variety of healthy food items allows the body to get all the nutrients and proteins it needs on a daily basis. It's important to maintain balance and moderation in the consumer's diet. Each healthy food item will be listed for the viewer to read and understand the nutritional and health benefits they could be achieving each day in their item. The healthy food items are similar to that of the food plate:

- Vegetables
- Fruits
- Grains
- Proteins
- Dairy
- Oils



Vegetables

Vegetables provide key essential nutrients, minerals, and fibers that help with body's functions, digestive health, heart health and blood sugar levels, while providing the consumer energy to go about their daily activities. The importance of vegetables would include the following:

Vitamins: Some essential vitamins provided by vegetables themselves would be A, C, and E for the human health.

Immune Function: These play a crucial role in disease prevention and maintaining optimal body functions. They also reduce the risk of heart disease and stroke, prevent some types of cancer, regulate the levels of blood sugar in the body, and lower blood pressure.

Cell Protection: Contain antioxidants that protects cells from internal and external damage.

Benefits: Vegetables provide various health benefits, like eye health, brain health, reduce inflammation in the body, and healthier skin for the consumer.

Vegetable Foods

Vegetables are included into five subgroups, which are red, orange, yellow, dark green, and purple. These subgroups have different variants of vegetables that are important for the body, which includes:

Red Vegetables: packed with vitamins and minerals, aids in heart health, and various antioxidants. **Ex. (Radish, Red Potatoes, Red Onions, and Tomatoes).**

Orange Vegetables: have rich nutrient contents, like vitamin A and C, antioxidants, and fiber. **Ex. (Carrots, Sweet Potatoes, Pumpkin and orange bell peppers).**

Yellow Vegetables: have high vitamin C, boost immune system, and healthy digestive, heart, and eye health. **Ex. (Corn, Squash and Yellow Peppers).**

Dark Green Vegetables: have a source of fiber and vitamins, supporting bone health and immune function. **Ex. (Broccoli, Peas, and Leafy Greens)**

Purple Vegetables: filled with vitamins, reduce inflammation, protects cells from diseases. **Ex. (Eggplant, Purple Cabbage, and Beets.)**



Fruits

Fruits, much like vegetables, provide different health benefits for the consumer. Naturally fruits are low in fat, calories and sugar, being the healthier option for all ages to consume on a daily basis. Each fruit has a variety of different benefits for the body that leads to healthier outcomes for the individual.

Nutrients: Fruits are a vital source of nutrients, including potassium, vitamins, minerals, phytochemicals, folate, and antioxidants

Health Benefits: Fruits support blood sugar control, cardiovascular health, skin health, brain health, digestive health, immune system benefits, and much more.

Immune Health: Eating fruits lowers the risk of so many diseases, like cancer and diabetes. They also help prevent certain type of eye diseases and stave off dementia.

Water Content: Fruits are high in water content, allowing the whole body to hydrated. Though drinking water is the better choice, having fruits allows the consumer to reach their daily requirement.

Energy Levels: Fruits helps stabilize your blood sugar, giving your body more energy for activities throughout the day.

Fruits Foods

Unlike vegetables, which have a subgroup for each section to show which vegetable have different health benefits for the consumer, fruits don't fall under that category. Instead, there are fruits that should be consumed daily, which includes:

Oranges: rich in vitamin C, potassium, fiber and folate, they support heart, muscle and bone health, improving the immune function and inflammation.

Blueberries: often called a “superfood”, these are low in calories, lower blood pressure, prevent heart disease, improves memory, and aid in exercise recovery.



Apples: being the popular fruit, they are a great source of fibers and antioxidants, improving heart health, weight loss, and lowering the risk of cancer and diabetes.

Bananas: rich in potassium and fiber, vitamin B6 and C, magnesium, this fruit improves blood sugar levels, gut, kidney, and heart health, aids in weight loss, and prevents constipation.

Whole Grains

Whole grains have been implemented in the human diet for years. But refined grains are often link to various health problems like obesity and inflammation. But eating whole grain food leads to a variety of benefits for the consumer. These include:

Nutrients: whole grains are high in fiber, vitamins B, minerals like iron and magnesium, protein, antioxidants like sulfur compounds, various amount of plant compounds, that are used to prevent diseases

Immune effects: whole grains lower the risk of type 2 diabetes, obesity, stroke, heart disease, chronic inflammation and may reduce your risk of cancer

Health benefits: eating whole grains will improve your gut health, aid in digestive process, improve or maintain the cholesterol of the individual and helps lower.

Weight control: incorporating whole grain foods into your diet will allow the individual to avoid weight gain, keeping them feeling full longer

Whole Grains Foods

Whole grains, being the far healthier option than, regular grain foods, come with different benefits depending on the whole grain food. Some of the whole grain foods that are beneficial are:



Whole Oats: Oats are rich in fiber, protein, many different vitamins, minerals and antioxidants, help regulate blood glucose levels, prevent constipation, and reduce cholesterol.

Brown rice: A gluten-free grain that holds massive amounts of vitamins, minerals, and beneficial compounds, improving several health conditions, and reduces risk of chronic disease

Whole wheat bread: Rich in fiber, helps regulate appetite, reduce blood sugar, provides energy, reduce cholesterol and protects against some cardiovascular conditions.

Millet: good source in protein, fiber, vitamins and minerals, prevents diabetes, protects cardiovascular health, maintains healthy weight and manage inflammation.

Proteins

Proteins are vital for the function of cells and organisms, mainly required for the structure and regulation of the body's tissues, organs, muscles, and bones health. Proteins work in this factor as well, due to their importance in the body, which includes:

Building and repairing tissue: Proteins are essential for building bones, muscles, and skin.

Supporting immune function: Proteins help create antibodies that fight infections and illnesses in the body.

Producing enzymes and hormones: Proteins helps the body process the food properly, while maintaining the body's balance with hormone levels.

Maintaining muscle mass: Proteins help preserve and maintain muscle health as well as, muscle growth for the consumer.

Energy and weight management: Protein helps give energy and keep the consumer feeling full throughout the day.

Protein Foods

To have a healthy diet a variety of protein foods, that are nutrient-dense, must be consumed on a weekly basis. The protein food group has a broad range of subgroups from both animal and plant sources. These subgroups consist of:

Meat/Poultry: A protein-rich food that supplies the consumer with essential amino acids, iron and zinc, wound healing, strong immune system, and enzyme activity.

Nuts: A protein-rich food that is filled with antioxidants, high fiber, reduce inflammation, and filled with vitamins and minerals.

Seafood: A protein-rich food that contains essential nutrients like omega-3s, iron, vitamin B and D, supporting the blood vessels, heart and brain health.

Foods consumed are beans, eggs, poultry/meats (**fresh, frozen, canned or in lean forms**), peas, lentils, soy products like tofu, nuts, and seafood like fish and shellfish.



Dairy

To have a healthy diet, individual would need to consume dairy products once or twice a day, no more than that. The type of dairy product would determine the amount of nutrients a consumer would obtain. Dairy products come with their own benefits like:

Nutrients: Products like milk, cheese, and yogurt are extremely rich in calcium, protein, and essential vitamins/minerals.

Health Benefits: Consuming dairy can contribute to heart health, maintaining a healthy blood pressure, reducing the risk of certain diseases, muscle health, digestive health, brain health, bone health, and dental health.

Growth and Development: Whole milk and full-fat products provide necessary and energy and nutrients to support children during their growth.

Weight Management: Dairy plays an important role in maintaining a healthy weight status due to the nutrient density the product has.

Dairy Foods

Having a healthy diet requires the individual to consume dairy products that are fat-free and low-fat (**1%**) in their diet. While individuals who are lactose intolerant can choose low-lactose and lactose-free dairy. These dairy products are:

Milk: Contains calcium, protein, vitamin D and B, supports bone health, muscle health, dental health, cognitive health, heart health and hair health.

Cheese: Important source of calcium, protein, fat and other nutrients, prevent cavities, type 2 diabetes, cancer and cognitive decline, while supporting heart health, bone health, dental health and metabolism.

Yogurt: Rich in vital nutrients and high in protein, this supports digestive health and heart health, strengthens the immune system, and promote weight management.



Oils

Oil is important to an individual's healthy dietary pattern due to the fact they provide fatty acids. Consuming oils provides us with essential nutrients for bodily functions. These are:

Energy Efficiency: The most efficient energy nutrient you can consume, with 9 grams per calorie

Nutrients: Oil is proficient in vitamins A, D, E and K, which is then stored within the body's fat.

Health Benefits: Healthy oil assist in regulating hormones, lubricating skin, and cushioning organs.

Cooking Benefits: Cooking with oil helps transport heat, keep food from sticking to the bottom and sides of the pan, dissolves and carry flavors from other ingredients in our foods.

Oil Products

Not only using oil is healthy for your diet, but the type of oil you use will determine you healthy as well. Some of the healthy oils are:

Sesame Oil: This is an oil that is high in polyunsaturated fats, it's known for its anti-inflammatory and antioxidant properties, and lowers the risk of cardiovascular diseases.

Avocado Oil: This oil lowers cholesterol and blood pressure, treats skin issues, improve nutrient absorption, and prevents chronic diseases, like cancer.

Walnut Oil: This oil helps prevent hair loss, assist with blood sugar management, help with chronic diseases, and improves heart health.

Olive Oil: This oil is rich in monounsaturated fats, contains a large number of antioxidants and anti-inflammatory properties, helps prevent heart disease, and helps with strokes.





Limiting Unhealthy Food Items

Unhealthy Foods

Just as having healthy food to sustain a healthy lifestyle is important for the consumer, avoiding non-healthy food items takes priority as well. A consumer should limit if not avoid unhealthy food items most if not all the time for them to live healthier lifestyles. These unhealthy food items can come from a range of food items like processed foods (**frozen meals, packaged snacks, and processed meats**), sugary drinks (**soda, juice, and energy drinks**), fast food (**Fried chicken, pizza, and French fries**), Refined grains (**white rice, pasta and white rice**) and sweets (**cake, ice cream and candy**). With the provided information, individuals, who wish to maintain or achieve a healthy diet within their lifestyle, should stay away from foods that are high in the following:

- Added Sugars
- Saturated Fat
- Sodium
- Alcoholic Beverages

Added Sugars

Limiting added sugars to less than 10 percent of calories per day helps the consumer maintain a healthy dietary pattern. Though added sugars can give texture and/or color to certain food items, it does not provide any health benefits for the consumer. Food and Beverages high in calories from added sugars should be limited to maintain a healthy life status. Limiting food and beverages high in sugar should be based upon assumptions:

- Sugar intake is dependent on calorie intake, which should be less than 15 percent of the food group
- No Alcoholic beverages should be consumed
- Calorie intake does not increase intake needs to maintain healthy life status.

Depending on the ages, sex and physical activity the person does, will depend on the number of calories they can consume for added sugars. Added sugars from typical sweeteners, like deserts, sweetened coffee and more, limiting these on a daily basis, while having food that are naturally sweet will help with healthy weight.



Saturated Fat



Saturated fats should have a limitation of less than 10 percent of calories per day, instead replacing them with unsaturated fats, mainly polyunsaturated fats. There is little room to have saturated fat in a healthy diet due to it being in lean meat, poultry, eggs, nuts, grains and even oils.



There are different strategies to lower saturated fat, by reducing the number of sweets that are consumed to a smaller portion. The consumer can also read food labels to choose foods that are lower in saturated fat and cook with food high in polyunsaturated or monosaturated fat.



Like rest the average intake of saturated fat is around 11 percent of calories. The main source of saturated fat is sweet snacks, desserts, burgers and other fast foods. This also includes high-fat meat, butter, whole milk, cheese, ice cream and more.

Sodium

Sodium is an essential nutrient that should be consumed as salt. Depending on the age and weight status of the individual, is the amount of sodium an individual should consume on a daily basis. As an essential food ingredient, sodium is used in multiple ways, weather be it for cooking, cleaning meat, adding flavor and much more. In fact, most foods in the United States adds salt to process and prepare foods that are being consumed.

Sodium is found in foods from different categories which are mixed dishes like sandwiches, rice, pasta, meat, soups and much more. Since sodium is found in the foods we regularly consume, strategies have been implemented to reduce sodium intake on cardiovascular and hypertension risk. Taking food products that are with less sodium, reduce sodium, or no-salt-added, while adding in different herbs and spices, can enhance the flavor of food.



Alcoholic Beverages

Alcoholic beverages aren't a component of a healthy diet, making it a beverage the consumer should stay away from. Through statistical data it has been proven that those who consume large amounts of alcohol, will have an increased risk of death from all causes, compared to those who lowers their alcohol consumption. The misuse of alcoholic beverages can lead to risk of several conditions in the body potentially bringing liver disease, cardiovascular diseases, potential mental and behavioral disorders, and alcohol use disorders.

Depending on the consumer, both female and male, age, weight status, and if female is pregnant, determines the amount of alcohol that could and couldn't be consumed, without leading to potential health risks. Since alcoholic beverages supply calories but so few nutrients, these beverages should be avoided most if not all of the time. Adults who choose to drink are encouraged to be wary of their alcohol consumption that day to ensure they don't exceed their daily calorie limit.





Vital Nutrients

Needed Nutrients

Every day, a consumer needs to have these nutrients to give them energy to perform their daily task with ease. These nutrients not only give the consumer energy every day, but it also aids them with their body functions, muscle support, proper dietary needs and their overall health. These nutrients also stave away common illnesses, faster recovery from surgery, and reduce the risk of chronic diseases, both mental and physical too.

There are six major classes of nutrients that aids the consumer, eating well allows the individual to benefit from the six. Besides the six are two that need to most focus, macronutrients and micronutrients. Micronutrients are primary made of vitamins and minerals, while macronutrients provide energy for the body like carbohydrates, lipids, and proteins. Water also is an essential nutrient, as it supports carrying oxygen and nutrients to the cells.

Below is the list of needed nutrients the individual should consume on a daily basis, to ensure the body meets maximum functionality and health benefits.

Needed Nutrients

Consumers require these common nutrients to have on a weekly basis.

Nutrient	Benefits	Sources
Vitamin A	Helps maintain eyesight, promotes immune function	Carrots, sweet potatoes, pumpkins
Vitamin C	Helps form blood vessels, supports immune health	Berries, tomatoes, potatoes
Vitamin D	Helps the body absorb calcium promoting bone health	Mushrooms, almonds, oats, soy milk
Calcium	Boosts bone and teeth health	Collard greens, broccoli, dairy

Needed Nutrients

Continuation of needed nutrients for a weekly diet.

Nutrient	Benefits	Sources
Potassium	Helps nerve function and muscle contractions.	Spinach, grapes, blackberries, and carrots
Carotenoids	Supports eyesight, anti-inflammatory and immune benefits	Carrots, yams, sweet potatoes, and mangoes
Flavenoids	Anti-oxidants and anti-inflammatory properties	Onions, strawberry, kale, and grapes
Anthocyanins	Reduce blood pressure, anti-microbial properties	Elderberry, red cabbage, and strawberries

Reading Labels

Servings per container =
number of portions in one
package

Calories = amount of
energy contained in 1
serving, which is 2/3 cup
in this case

Total Carbohydrate
encompasses grams of
carbs from dietary fiber &
total sugar (which includes
added sugar)

Total Sugar encompasses
grams of added sugars
too. Total sugar - added
sugar = grams of natural
sugar

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serving size = portion of food
containing quantity of
nutrients listed below

The % Daily Values are
reference amounts for
someone eating 2000
calories per day. In this
example, 8 grams of fat is
10% of the fat needed by
that person for the entire
day.

Sodium = salt. Look for
140 mg or less for a low-
sodium food. Pay attention
to % on the right for a
good estimate of how
much sodium you'll have
left for the day if you eat
this food.

Vitamins & Minerals listed are
the main nutrients of national
concern



Conclusion

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