

References

- American Diabetes Association. (n.d.). Common terms. Diabetes.org. Retrieved April 23, 2024, from <https://diabetes.org/about-diabetes/common-terms>
- American Diabetes Association. (n.d.). Health & wellness: Medication & treatments. Diabetes.org. Retrieved April 23, 2024, from <https://diabetes.org/health-wellness/medication-treatments>
- American Diabetes Association. (n.d.). Food & nutrition: Meal planning. Diabetes.org. Retrieved April 23, 2024, from <https://diabetes.org/food-nutrition/meal-planning>
- American Heart Association. (n.d.). AHA diet and lifestyle recommendations. Heart.org. Retrieved April 23, 2024, from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>
- Łuszczki, E., Boakye, F., Zielińska, M., Dereń, K., Bartosiewicz, A., Oleksy, Ł., & Stolarczyk, A. (2023). Vegan diet: Nutritional components, implementation, and effects on adults' health. *Frontiers in Nutrition*, 10. <https://doi.org/10.3389/fnut.2023.1294497>
- Marion, A. L., & Preszler, R. W. (2019). *Biology 101 Human Biology & Society Laboratory Manual* (9th ed., Vols. 1–9). Harden-McNeil.
- U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2020). *Dietary guidelines for Americans, 2020-2025* (9th ed.). <https://www.dietaryguidelines.gov>