

Additional Tips

1. For point-of-care tools such as **StatPearls**, use the [UpToDate example](#).
Goyal, R., Singhal, M., Jialal, I., & Castano, M. (2023, June 23). Type 2 Diabetes (Nursing). *StatPearls*. Retrieved September 15, 2025, from <https://www.ncbi.nlm.nih.gov/books/NBK568737>

2. For **MedLinePlus** pages:
 - a. No author:
Exercise for older adults. (n.d.). MedlinePlus. <https://medlineplus.gov/exerciseforolderadults.html>
 - b. Author or updated by (not reviewers):
Berman, J. (2025, February 5). *Health screenings for women ages 40 to 64*. MedlinePlus. <https://medlineplus.gov/ency/article/007467.htm>
Or *Health screenings for women ages 40 to 64*. (2025, February 5). MedlinePlus. <https://medlineplus.gov/ency/article/007467.htm>

3. For **MyPlate.gov**:
MyPlate. (n.d.). *Older adults*. U.S. Department of Agriculture. <https://www.myplate.gov/life-stages/older-adults>
U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2020, December). *Dietary guidelines for Americans, 2020-2025* (9th ed.). https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

4. For a webpage (*What should I eat?*) that is part of a bigger project (The Nutrition Source), the information is provided by a University department, and there is no author:
The Nutrition Source. (n.d). *What should I eat?* Harvard T.H. Chan School of Public Health. <https://nutritionsource.hsph.harvard.edu/what-should-you-eat/>

More info:

- [Webpage on a Website References](#)
- [Nursing Student References](#)
- [APA In-Text Citations](#)