

Healthy Nutrition

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/the-eatwell-guide>

Waist circumference and waist-hip ratio: report of a WHO expert consultation

<https://www.who.int/publications/i/item/9789241501491>

WHO Healthy Diet: <https://www.who.int/health-topics/healthy-diet>

WHO Nutrition: <https://www.who.int/teams/nutrition-and-food-safety>

<https://www.webmd.com/diet/features/top-10-protein-foods>

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>