

REFERENCES

1. U.S. Department of Agriculture, Food Safety and Inspection Service. Beef from Farm to Table. Available at: https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef_from_Farm_to_Table.pdf?MOD=AJPERES
2. National Institutes of Health Office of Dietary Supplements. Iron: Fact sheet for health professionals. Available at: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
3. National Institutes of Health Office of Dietary Supplements. Riboflavin: Fact sheet for health professionals. Available at: <https://ods.od.nih.gov/factsheets/Riboflavin-Health-Professional/>
4. National Institutes of Health Office of Dietary Supplements. Niacin: Fact sheet for health professionals. Available at: <https://ods.od.nih.gov/factsheets/Niacin-HealthProfessional/>
5. National Institutes of Health Office of Dietary Supplements. B6: Fact sheet for health professionals. Available at: <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>
6. National Institutes of Health Office of Dietary Supplements. B12: Fact sheet for health professionals. Available at: <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
7. Michaelsen KF, Greer FR. Protein needs early in life and long-term health. *Am J Clin Nutr* 2014;99:718S22S.
8. Prado EL & Dewey KG. Nutrition and brain development in early life. *Nutr Rev* 2014;72:267-84
9. Moore K, et al. Diet, nutrition and the ageing brain: current evidence and new directions. *Proc Nutr Soc* 2018;77:152-63
10. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/>