There is no creation date given on this article. Therefore, use "n.d." (for no date) in your citation.

You might have noticed the last reviewed date (shown in the image below.) This is likely close to the date the article was created, but it is not exactly the same thing.



A registered Nutritional Therapist, Kerry Torrens is a contributing author to a number of nutritional and cookery publications including BBC Good Food magazine. Kerry is a member of the The Royal Society of Medicine, Complementary and Natural Healthcare Council (CNHC), British Association for Applied Nutrition and Nutritional Therapy (BANT).