



MyPlate for Older Adults

Drink plenty of **FLUIDS**

- Water
- Milk
- 100% Juice
- Coffee
- Tea
- Soup



• Make half your plate **FRUITS & vegetables**

• Make half your grains **WHOLE GRAINS**



Flavor foods with herbs and spices instead of salt

• Move to **low-fat or fat-free MILK or yogurt**

• Vary your **PROTEIN** routine

• Choose brightly-colored **VEGETABLES**



STAY ACTIVE

60
minutes
each day



MyPlate for Older Adults Tips

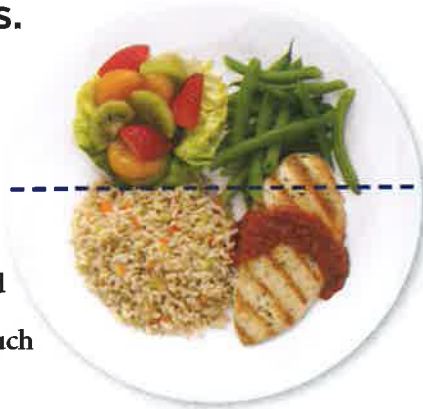
1. Make half your plate fruits and vegetables.

Choose vegetables and fruits that are easy to prepare and have a longer shelf life:

- Frozen
- Pre-peeled and cut fresh
- Dried
- Low-sodium or low-sugar canned

Choose brightly-colored vegetables such as carrots, tomatoes, and broccoli at mealtime.

Enjoy deep-colored fruits such as berries or peaches for snacks or as dessert.



2. Make half your grains whole grains.

Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. These foods help add fiber to your diet.

Check the ingredient list on food packages to find whole grain foods. Make sure the first word on the ingredient list contains the word “whole,” such as:

- Whole wheat
- Whole oats
- Whole grain

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

3. Vary your protein routine.

Choose a variety of foods including plant-based sources:

- Beans
- Tofu
- Peanut butter
- Fish
- Lean meats
- Poultry
- Eggs
- Cheese
- Yogurt

Keep meat and poultry portions small and lean.

4. Drink plenty of fluids.

Fluids play an important role in your body. They help digest food, absorb nutrients from food, and get rid of the unused waste.

As you get older, you might lose some of your sense of thirst. Choose low-fat milk, water, coffee, tea, 100% juices, or even soups to prevent dehydration.

5. Cut back on foods high in salt and fat.

Too much sodium from salt can contribute to raising your blood pressure or put you at risk for heart disease, stroke, or kidney disease.

Choose foods with less sodium. Look for these words on packages:

- Low sodium
- Unsalted
- No salt added
- Sodium free
- Salt free

Try fresh or dried herbs, spices, vinegar, and citrus juices to season your foods instead of reaching for the salt shaker.

Choose vegetable oils and soft margarine spreads instead of butter or lard, which are high in saturated fat.



6. How Many Calories Do You Need?

If you are over age 65 and you want to stay at the weight you are now, the Dietary Guidelines suggest these daily calorie levels:

Women		
Not physically active	Moderately active	Active lifestyle
1,600 calories	1,800 calories	2,000 calories
Men		
Not physically active	Moderately active	Active lifestyle
2,000 – 2,200 calories	2,200 – 2,400 calories	2,400 – 2,600 calories

Physical activity is any voluntary movement you do that burn calories. Brisk walking, golf, or dancing are examples of moderate activity. An active lifestyle might include swimming, jogging, or tennis.

Be as physically active as your ability and conditions allow. **Any activity is better than no activity.**