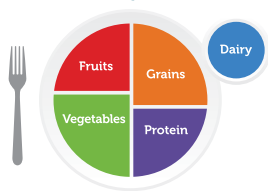




Start *simple*
with **MyPlate**



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

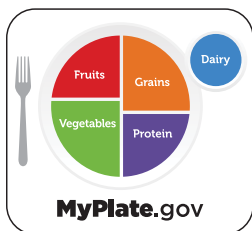
You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.










Start *simple* with **MyPlate Plan**

The benefits of healthy eating add up over time, bite by bite. Small changes matter.
Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 1,600 Calories a Day for Ages 14+ Years

				
<p>1½ cups</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>5 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>5 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.</p>	<p>3 cups</p> <p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p>



Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.
Limit:

- Added sugars to **less than 40 grams** a day.
- Saturated fat to **less than 18 grams** a day.
- Sodium to **less than 2,300 milligrams** a day.





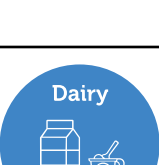



Be active your way:

Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

Food group targets for a 1,600-calorie* pattern are:	Write down your food choices for each food group.	Did you reach your target?
 Fruits 1½ cups 1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • ½ cup dried fruit; or • 1 cup 100% fruit juice. 	_____ _____ _____	Yes ____ No ____
 Vegetables 2 cups 1 cup of vegetables counts as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	_____ _____ _____	Yes ____ No ____
 Grains 5-ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • ½ cup cooked rice, pasta, or cereal. 	_____ _____ _____	Yes ____ No ____
 Protein 5-ounce equivalents 1 ounce of protein foods counts as <ul style="list-style-type: none"> • 1 ounce seafood, lean meats, or poultry; or • 1 egg; or • 1 Tbsp peanut butter; or • ¼ cup cooked beans, peas, or lentils; or • ½ ounce unsalted nuts or seeds. 	_____ _____ _____ _____	Yes ____ No ____
 Dairy 3 cups 1 cup of dairy counts as <ul style="list-style-type: none"> • 1 cup dairy milk or yogurt; or • 1 cup lactose-free dairy milk or yogurt; or • 1 cup fortified soy milk or yogurt; or • 1½ ounces hard cheese. 	_____ _____ _____ _____	Yes ____ No ____



Limit:

- Added sugars to **less than 40 grams** a day.
- Saturated fat to **less than 18 grams** a day.
- Sodium to **less than 2,300 milligrams** a day.

Did you reach your target?

Yes ____

No ____


Be active your way:

Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

Did you reach your target?

Yes ____

No ____

* This 1,600-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. So, what's changed?

Original Label

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
	% Daily Value*	
Total Fat 8g	12%	
Saturated Fat 1g	5%	
<i>Trans</i> Fat 0g		
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	12%	
Dietary Fiber 4g	16%	
Sugars 12g		
Protein 3g		
Vitamin A	10%	
Vitamin C	8%	
Calcium	20%	
Iron	45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

New Label

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 240mg		6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

The New
Nutrition Facts Label
What's in it for you?



1

Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today. NOTE: The serving size is not a recommendation of how much to eat.

- The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package.
- One package of food may contain more than one serving.

2

Calories Go Big

Calories are now in larger and bolder font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at <https://www.choosemyplate.gov/resources/MyPlatePlan>.

3

The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

The footnote at the bottom of the label has been updated to better explain %DV.

4

Nutrients: The Updated List

What information is no longer required on the label?

Calories from fat has been removed because research shows the type of fat consumed is more important than the amount.

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Nutrients: The Updated List (Continued)

What information was added to the label?

Added sugars have been added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium are now required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron will continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Make The Label Work For *You*

Use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

Healthy Basics Shopping List

Fruits & Vegetables

- Sweet Potatoes
- Salad greens (spring mix, romaine lettuce)
- Citrus fruits (oranges, tangerines, grapefruit)
- Apples
- Bananas
- Dried fruit (raisins, prunes, apricots)
- Frozen vegetables
- Canned vegetables
- Frozen fruit

Dairy

- Low-fat (1%) milk or vitamin D-fortified soymilk
- Vitamin D-fortified yogurt
- Eggs
- Low-fat cottage cheese
- Cheese
- Butter/margarine

Protein (Meat/Poultry/Fish)

- Lean ground beef
- Chicken
- Fresh or frozen fish
- Canned or pouch tuna

Whole Grains & Other Dry Groceries

- Whole-wheat bread
- Ready-to-eat cereals made with whole grain
- Oatmeal
- Whole-wheat pasta
- Instant brown rice
- Instant mashed potatoes
- Peanut butter
- Jam/jelly
- Canned soups
- Canned beans
- Canned tomatoes/spaghetti sauce (reduced-sodium)
- Coffee and/or tea (preferably decaffeinated)

Other
