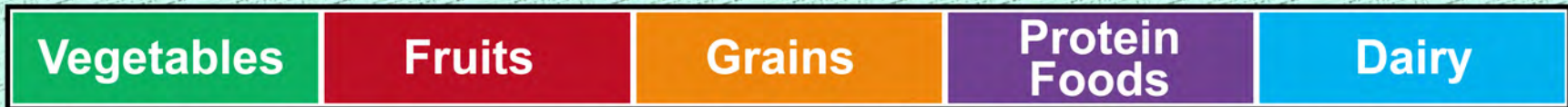
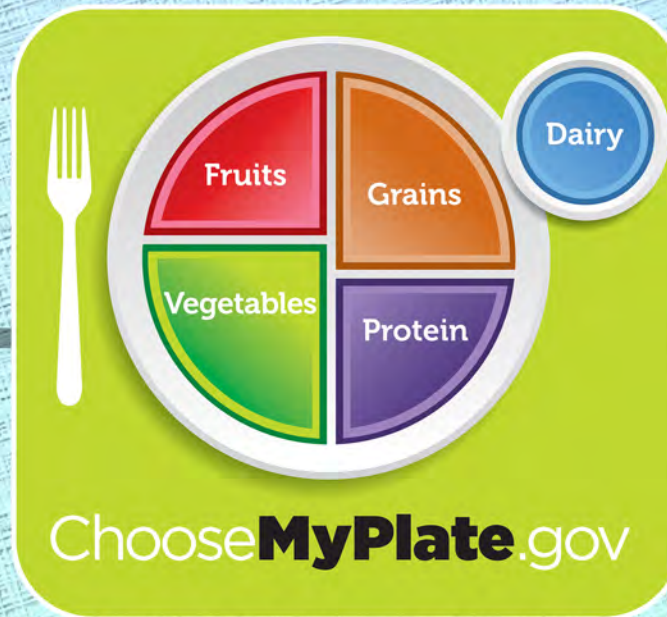


MyPlate for Older Adults



Choose fiber-rich foods often.
Drink water and other beverages that are low in added sugars.



Use fortified foods or supplements to meet your vitamin D and vitamin B₁₂ needs.

VEGETABLES

Vary your veggies

Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.

Eat more orange vegetables, such as carrots and sweet potatoes.

Eat more dried beans and peas, like pinto, black, or kidney beans, and lentils.

FRUITS

Focus on fruits

Eat a variety of fruits, like bananas, berries, grapes, and oranges.

Choose fresh, frozen, canned, or dried fruit.

Eat fruit rather than drinking juice for most of your fruit choices.

GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day.

1 oz. is about 1 slice of bread, 1 cup of cold breakfast cereal, or ½ cup of cooked cereal, rice, or pasta.

Eat cereals fortified with vitamin B₁₂.

PROTEIN FOODS

Go lean with protein

Choose low-fat or lean meats and poultry.

Bake, broil, or grill.

Vary your protein sources. Include eggs, dried beans, tofu, fish, nuts, and seeds.

DAIRY

Get your calcium-rich foods

Choose low-fat or fat-free milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day

Eat 1½ cups every day

Eat 6 oz. every day

Eat 5 oz. every day

Eat 3 cups every day

Eat Right

- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

Be Active

- Go for a walk.
- Play with your grandchildren and/or a pet.
- Work in your yard or garden.
- Take an exercise or dance class at a community center or gym.
- Share a fun activity with a friend or family member.
- Remember: all activity adds up! You don't have to do it all at once.

Enjoy Life: Spend time with caring people doing things you enjoy.