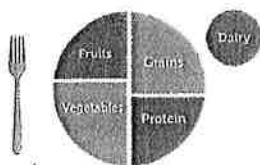




Start simple  
with MyPlate



## 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.





American Heart Association.  
Healthy for Good™

# WHAT'S A SERVING?

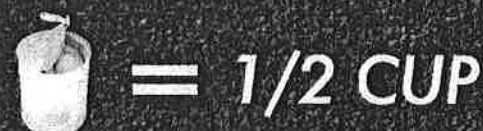
## FRUITS

4 servings per day

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED



DRIED



FRUIT JUICE



## VEGETABLES

5 servings per day

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED



VEGETABLE JUICE



\*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

### FRUITS

Apple, pear, orange, peach or nectarine: 1 medium

Avocado: Half of a medium

Banana: 1 small (about 6" long)

Grapefruit: Half of a medium (4" across)

Grape: 16

Kiwifruit: 1 medium

Mango: Half of a medium

Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe

Pineapple: 1/4 of a medium

Strawberry: 4 large

### VEGETABLES

Bell pepper: Half of a large

Broccoli or cauliflower: 5 to 8 florets

Carrot: 6 baby or 1 whole medium (6 to 7" long)

Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)

Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)

Potato: Half of a medium (2 1/2 to 3" across)

Squash, yellow: Half of a small

Sweet potato: Half of a large (2 1/4" across)

Zucchini: Half of a large (7 to 8" long)