USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

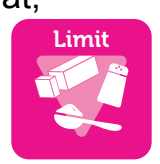
6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

FRUITS AND VEGETABLES – COLORS OF THE RAINBOW

Look for the colors of the rainbow in the foods you eat. Here are lists of the foods in each color family and how they help your body function.

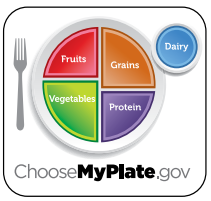
Colors	Foods	How they help you
Blue / Purple	Beetroot Blackberries Blueberries Eggplant Elderberries Onions Plums Purple grapes Purple potatoes Turnips	• Fight inflammation • Improve calcium absorption • Support eye health • Act as anticarcinogen
Green	Arugula Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard greens Cucumbers Green apples Green beans Green grapes Green pears Green pepper Kiwifruit Lettuce Peas Spinach Zucchini	• Improve immune function • Promote bone and blood health • Restore energy and cell vitality • Are rich in vitamin K

Colors	Foods	How they help you
White / Brown	Bananas Brown pears Cauliflower Garlic Ginger Mushrooms Onions Parsnips Shallots White nectarines White potatoes	• Maintain heart health • Improve immune function • Promote healthy digestive tract and metabolism
Yellow / Orange	Apricots Butternut squash Cantaloupe Carrots Grapefruit Lemons Mangoes Nectarines Oranges Papayas Peaches Pineapple Sweet corn Sweet potatoes Tangerines Yellow pears Yellow peppers	• Improve immune function • Promote eye health • Reduce risk of heart disease • Are rich in vitamin C
Red	Apples Beets Cherries Cranberries Pomegranates Radishes Raspberries Red cabbage Red grapes Red peppers Red potatoes Rhubarb Strawberries Tomatoes Watermelon	• Are antioxidant • Improve heart health • Support joint health • Are rich in vitamins A and C

USDA

10 tips Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.


Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8
Amount Per Serving
Calories 230 Calories from Fat 40
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 12%
Dietary Fiber 4g 16%
Sugars 1g
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

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

NUTRIENTS IMPORTANT TO HEALTHY AGING

Nutrient	Role in the body	Recommended daily amount	Foods that contain it
Potassium	Helps regulate blood pressure	~ 4,700 mg	• Apricots • Bananas • Beans • Broccoli • Brussels sprouts • Cantaloupe • Dates • Fish (haddock, salmon) • Ground beef • Lentils • Milk • Nuts • Organs • Potatoes • Raisins • Seeds • Spinach • Sweet potatoes • Yogurt • Zucchini
Vitamin D	Maintain proper bone health	3 servings of vitamin D-rich foods per day	• Beef liver • Cheese • Egg yolks • Fatty fish (tuna, mackerel, salmon) • Foods fortified with vitamin D, such as certain dairy products, orange juice, soy milk, and various cereals

Nutrient	Role in the body	Recommended daily amount	Foods that contain it
Calcium	• Maintain proper bone health • In combination with vitamin D, optimal for preserving bone density	3 servings of calcium-rich foods per day	• Collards • Foods that are calcium-fortified, such as orange juice, oatmeal, and various breakfast cereals • Kale • Okra • Some fish (sardines, salmon, perch, trout) • Soybeans • Spinach • White beans
Vitamin B12	• Promote proper nerve and blood-cell functioning in the body	Check with your doctor.	• Beef • Chicken • Eggs • Fish (trout, salmon, tuna) • Fortified breakfast cereals • Liver • Low-fat milk, yogurt and cheese • Shellfish (clams)