



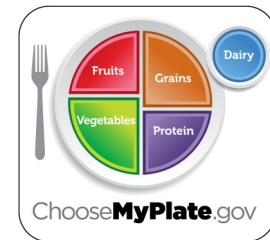
You Can! Eat Well As You Get Older



Six tips to help find the best foods for your body and your budget

1. Know what a healthy plate looks like

The USDA unveiled a simpler way to help people see what they should eat each day. MyPlate (www.choosemyplate.gov/) is a simple graphic that shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.



2. Look for important nutrients

Eat a variety of foods to get the nutrients you need. Your plate should look like a rainbow - bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

3. Read the Nutrition Facts label

The healthiest foods are whole foods and often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, read the labels to find items low in fat, added sugars, and sodium.

4. Use recommended servings

Eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+. (www.heart.org)

5. Stay hydrated

Stay hydrated by drinking small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices.

6. Stretch your food budget

Get help paying for healthy food. Visit www.benefitscheckup.org/getSNAP/ to see if the program can help you.

www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/

This Healthy Living message is sponsored by:

