

# MyPlate for Older Adults

## Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

## Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

## Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



## Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

## Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

## Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

## Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!