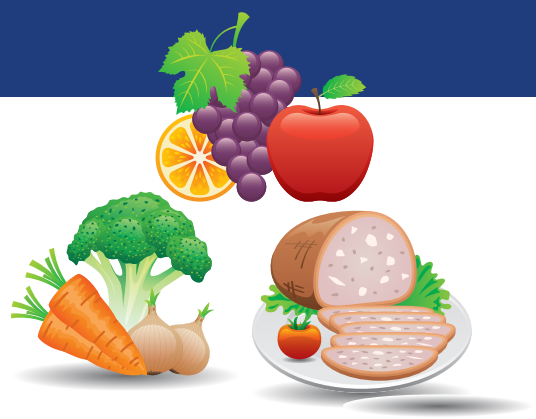
6 Ways to Eat Well As You Get Older

Know what a healthy plate looks like

See how to build a healthy plate at

ChooseMyPlate.gov

1



Look for important nutrients

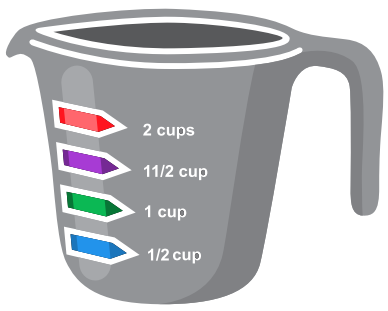
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recomended daily servings for adults aged 60+ at

heart.org

4

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5

Stretch your food budget

Get help paying for healthy food at

BenefitsCheckUp.org/getSNAP

6

ncoa
National Council on Aging