Be physically active your way

Stay Active
at least 60 minutes each day

Drink plenty of fluids.
Fluids play an important role in your body. They help digest food, absorb nutrients from food, and get rid of unused waste.

Cut back on foods high in salt and fat.
Too much sodium from salt can contribute to raising your blood pressure and putting you at risk for heart disease, stroke, or kidney disease. Choose foods with less sodium. Look for these words on packages:
- Low sodium
- Unsalted
- No salt added
- Salt free

Try fresh or dried herbs, spices, vinegar, and citrus juices to season your foods instead of reaching for the salt shaker.

Choose vegetable oils and soft margarine spreads instead of butter or lard, which are high in saturated fat.
MyPlate for Older Adults

Make half your plate
FRUITS & VEGETABLES
Choose vegetables and fruits that are easy to prepare and have a longer shelf life:
- Frozen
- Pre-peeled and cut fresh
- Dried
- Low-sodium or low-sugar canned

Choose bright colored vegetables such as carrots, tomatoes, and broccoli at mealtime.

Enjoy deep-colored fruits such as berries or peaches for snacks or as dessert.

FRESH, FROZEN, DRIED, or CANNED

Flavor foods with herbs and spices instead of salt

Brown Rice

100% Whole Wheat Bread

Fortified Whole Grain Cereal

Oatmeal

Grits

Low-Fat or Fat-Free Yogurt

Make at least half your grains WHOLE GRAINS
Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. These foods help add fiber to your diet.

Check the ingredients list on food packages to find whole grain foods. Make sure the first word on the ingredients list contains the word “whole,” such as:
- Whole wheat
- Whole oats
- Whole grain

Vary your PROTEIN food choices
Choose a variety of foods including plant-based sources:
- Beans
- Tofu
- Peanut butter
- Fish

- Poultry
- Eggs
- Cheese
- Yogurt

Keep meat and poultry portions small and lean.

Drink plenty of FLUIDS
- Low-Fat, Fat-Free, or Low Lactose Milk
- 100% Juice
- Water
- Soup