



▶ Drink plenty of fluids.

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

As you get older, you might lose some of your sense of thirst. Choose low-fat milk, water, coffee, tea, 100% juices, or even soups to prevent dehydration.



▶ Cut back on foods high in salt and fat.

Too much sodium from salt can contribute to raising your blood pressure or put 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
- Sodium free
- 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.



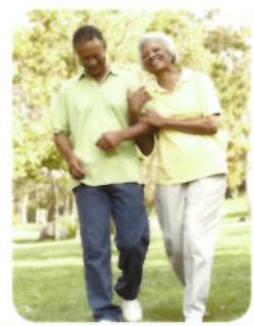
▶ Be physically active your way

Physical activity is the voluntary movements you do that burn calories. Brisk walking, golf, or dancing are examples of moderate activity. An active lifestyle might include swimming, jogging, or tennis.

Be physically active as your ability and conditions allow. **Any activity is better than doing no activity.**

Stay Active

at least **60** minutes each day



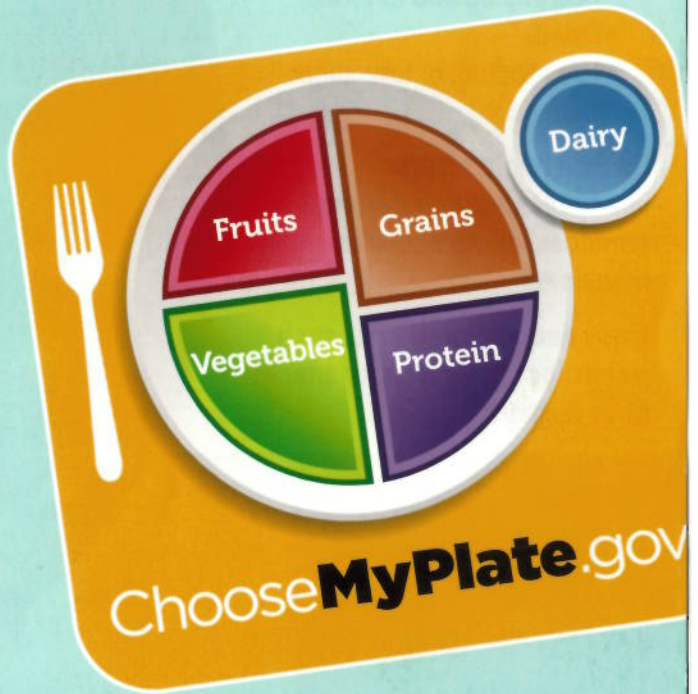
This pamphlet just offers information. If you need care, please talk to a doctor.

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UPC 846742004308

A HEALTHY HABIT:™ For Older Adults

▶ MyPlate for Older Adults



MyPlate for Older Adults

Drink plenty of
FLUIDS



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.



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
- Poultry
- Lean meats
- Tofu
- Eggs
- Cheese
- Fish
- Yogurt

Keep meat and poultry portions small and lean.