



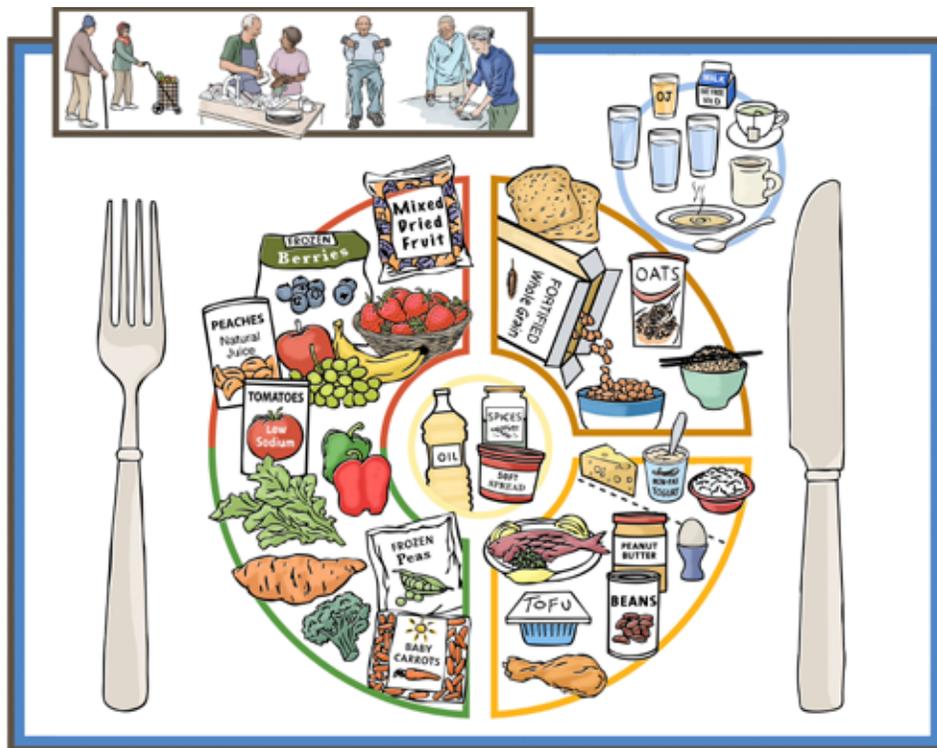
What's On *Your* Plate?

Smart Food Choices for Healthy Aging

MyPlate for Older Adults

The Dietary Guidelines for Americans, 2010 present a general outline for a healthy diet. But, as you age, some foods may be better than others for staying healthy and reducing your chance of illness. In 2011, the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University created MyPlate for Older Adults as a companion to MyPlate, the federal government's food group symbol.

MyPlate for Older Adults highlights the unique nutritional and physical activity needs of people as they age. It gives examples of foods that have high levels of vitamins and minerals in each serving. Like the federal government's Dietary Guidelines for Americans, 2010, MyPlate recommends limiting foods that are high in trans fats and saturated fats, limiting salt and added sugars, and eating plenty of whole grains.



For details about the MyPlate for Older Adults, please see
<http://www.nutrition.tufts.edu/research/myplate-older-adults>.