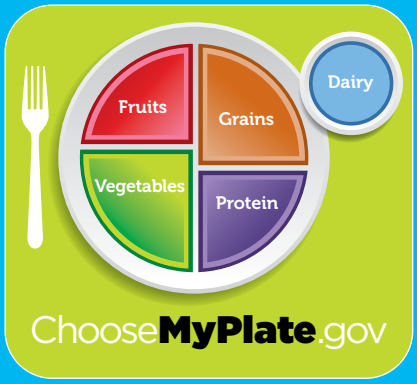
Let's eat
for the health of it



Start by choosing one or more tips to help you...

Build a healthy plate

Cut back on foods high in solid fats, added sugars, and salt

Eat the right amount of calories for you

Be physically active your way

Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.

Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a ***natural*** source of fiber and protein.
- Keep meat and poultry portions small and lean.

Keep your food safe to eat—learn more at www.FoodSafety.gov.

Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

Look out for salt (sodium) in foods you buy—it all adds up.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.

Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.*

*Examples of solid fats and oils

Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil

Eat the right amount of calories for you

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.Choose**MyPlate**.gov and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

Cook more often at home, where *you* are in control of what's in your food.

When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.
- Order a smaller portion or share when eating out.

Write down what you eat to keep track of how much you eat.

If you drink alcoholic beverages, do so sensibly—limit to 1 drink a day for women or to 2 drinks a day for men.

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Note to parents

What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.

You are your children's most important role model. Your children pay attention to what you ***do*** more than what you ***say***.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just ***tell*** your children to eat their vegetables—***show*** them that you eat and enjoy vegetables every day.

Use food labels to help you make better choices

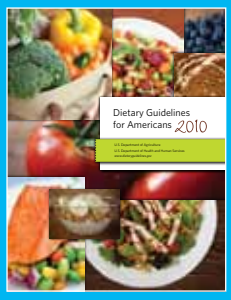
Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quickly and easily.

Check for calories. Be sure to look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories.

Choose foods with lower calories, saturated fat, *trans* fat, and sodium.

Check for added sugars using the ingredients list. When a sugar is close to first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Dietary Guidelines for Americans



The *Dietary Guidelines for Americans, 2010* are the best science-based advice on how to eat for health. The Guidelines encourage all Americans to eat a healthy diet and be physically active.

Improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the Guidelines.

For more information, go to:

- www.DietaryGuidelines.gov
- www.Choose**MyPlate**.gov
- www.Health.gov/paguidelines
- www.HealthFinder.gov

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June 2011

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Dietary Guidelines 2010
Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

June 2011

Executive Summary

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. The *Dietary Guidelines for Americans, 2010* exemplifies these strategies through recommendations that accommodate the food preferences, cultural traditions, and customs of the many and diverse groups who live in the United States.

By law (Public Law 101-445, Title III, 7 U.S.C. 5301 et seq.), *Dietary Guidelines for Americans* is reviewed, updated if necessary, and published every 5 years. The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) jointly create each edition. *Dietary Guidelines for Americans, 2010* is based on the *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010* and consideration of Federal agency and public comments.

Dietary Guidelines recommendations traditionally have been intended for healthy Americans ages 2 years and older. However, *Dietary Guidelines for Americans, 2010* is being released at a time of rising concern about the health of the American population. Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society. Even in the absence of overweight, poor diet and physical inactivity are associated with major causes of morbidity and mortality in the United States. Therefore, the *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those at increased risk of chronic disease.

Dietary Guidelines for Americans, 2010 also recognizes that in recent years nearly 15 percent of American households have been unable to acquire adequate food to meet their needs.[1] This dietary guidance can help them maximize the nutritional content of

1. Nord M, Coleman-Jensen A, Andrews M, Carlson S. Household food security in the United States, 2009. Washington (DC): U.S. Department of Agriculture, Economic Research Service. 2010 Nov. Economic Research Report No. ERR-108. Available from http://www.ers.usda.gov/publications/err108.

their meals. Many other Americans consume less than optimal intake of certain nutrients even though they have adequate resources for a healthy diet. This dietary guidance and nutrition information can help them choose a healthy, nutritionally adequate diet.

The intent of the Dietary Guidelines is to summarize and synthesize knowledge about individual nutrients and food components into an interrelated set of recommendations for healthy eating that can be adopted by the public. Taken together, the Dietary Guidelines recommendations encompass two overarching concepts:

- **Maintain calorie balance over time to achieve and sustain a healthy weight.** People who are most successful at achieving and maintaining a healthy weight do so through continued attention to consuming only enough calories from foods and beverages to meet their needs and by being physically active. To curb the obesity epidemic and improve their health, many Americans must decrease the calories they consume and increase the calories they expend through physical activity.
- **Focus on consuming nutrient-dense foods and beverages.** Americans currently consume too much sodium and too many calories from solid fats, added sugars, and refined grains.[2] These replace nutrient-dense foods and beverages and make it difficult for people to achieve recommended nutrient intake while controlling calorie and sodium intake. A healthy eating pattern limits intake of sodium, solid fats, added sugars, and refined grains and emphasizes nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat milk and milk products,[3] seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.

A basic premise of the Dietary Guidelines is that nutrient needs should be met primarily through consuming foods. In certain cases, fortified foods and dietary supplements may be useful in providing one or more nutrients that otherwise might be consumed in less than recommended amounts. Two eating patterns that embody the Dietary Guidelines are the USDA Food Patterns and their vegetarian adaptations and the DASH (Dietary Approaches to Stop Hypertension) Eating Plan.

A healthy eating pattern needs not only to promote health and help to decrease the risk of chronic diseases, but it also should prevent foodborne illness. Four basic food safety principles (Clean, Separate, Cook, and Chill) work together to reduce the risk of foodborne illnesses. In addition, some foods (such as milks, cheeses, and juices that have not been pasteurized, and undercooked animal foods) pose high risk for foodborne illness and should be avoided.

The information in the *Dietary Guidelines for Americans* is used in developing educational materials and aiding policymakers in designing and carrying out nutrition-related programs, including Federal food, nutrition education, and information programs. In addition, the *Dietary Guidelines for Americans* has the potential to offer authoritative statements as provided for in the Food and Drug Administration Modernization Act (FDAMA).

The following are the *Dietary Guidelines for Americans, 2010* Key Recommendations, listed by the chapter in which they are discussed in detail. These Key Recommendations are the most important in terms of their implications for improving public health.[4] To get the full benefit, individuals should carry out the Dietary Guidelines recommendations in their entirety as part of an overall healthy eating pattern.

2. Added sugars: Caloric sweeteners that are added to foods during processing, preparation, or consumed separately. Solid fats: Fats with a high content of saturated and/or *trans* fatty acids, which are usually solid at room temperature. Refined grains: Grains and grain products missing the bran, germ, and/or endosperm; any grain product that is not a whole grain.
3. Milk and milk products also can be referred to as dairy products.
4. Information on the type and strength of evidence supporting the Dietary Guidelines recommendations can be found at http://www.nutritionevidencelibrary.gov.

Key Recommendations

BALANCING CALORIES TO MANAGE WEIGHT

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

FOODS AND FOOD COMPONENTS TO REDUCE

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
- Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.[5]

5. See Chapter 3, Foods and Food Components to Reduce, for additional recommendations on alcohol consumption and specific population groups. There are many circumstances when people should not drink alcohol.

FOODS AND NUTRIENTS TO INCREASE

Individuals should meet the following recommendations as part of a healthy eating pattern while staying within their calorie needs.

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.[6]
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Recommendations for specific population groups

Women capable of becoming pregnant[7]

- Choose foods that supply heme iron, which is more readily absorbed by the body, additional iron sources, and enhancers of iron absorption such as vitamin C-rich foods.
- Consume 400 micrograms (mcg) per day of synthetic folic acid (from fortified foods and/or supplements) in addition to food forms of folate from a varied diet.[8]

Women who are pregnant or breastfeeding[7]

- Consume 8 to 12 ounces of seafood per week from a variety of seafood types.
- Due to their high methyl mercury content, limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish: tilefish, shark, swordfish, and king mackerel.
- If pregnant, take an iron supplement, as recommended by an obstetrician or other health care provider.

Individuals ages 50 years and older

- Consume foods fortified with vitamin B_{12}, such as fortified cereals, or dietary supplements.

BUILDING HEALTHY EATING PATTERNS

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
- Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

6. Fortified soy beverages have been marketed as "soymilk," a product name consumers could see in supermarkets and consumer materials. However, FDA's regulations do not contain provisions for the use of the term soymilk. Therefore, in this document, the term "fortified soy beverage" includes products that may be marketed as soymilk.
7. Includes adolescent girls.
8. "Folic acid" is the synthetic form of the nutrient; whereas, "folate" is the form found naturally in foods.

These are the basic guidelines for eating a healthy diet and being physically active. For more information about the food groups and nutrition values, or t0 pick

up some new ideas on physical activity, visit theseInternet sites:

www.healthierus.gov/dietaryguidelines and www.aoa.gov.

This booklet, as well as the *Dietary Guidelines for Americans*, 2005, 6th Edition, may be viewed and downloaded from the Internet at www.healthierus.gov/dietaryguidelines.

To purchase printed copies of this booklet (Stock Number 017-001-00557-6), or to purchase printed copies of the complete 80-page *Dietary Guidelines for Americans*, 2005 (Stock Number 001-000-04719-1) call the U.S. Government Printing Office at (866) 512-1800, or access the GPO Online Bookstore at http://bookstore.gpo.gov.

U.S. Department of Health and Human Services
Office of Disease Prevention and Health Promotion
Administration on Aging

Getting older. Living healthier. Feeling better.

Start today with the *Dietary Guidelines for Americans*

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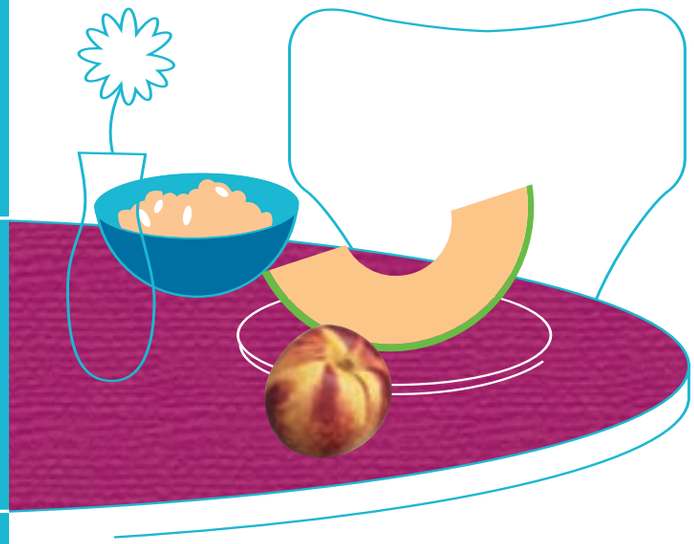
www.healthierus.gov/dietaryguidelines



Feel better today. Stay healthy for tomorrow.

Here's how: As an older adult, the food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. Any time of life is a good time to become a healthier you.

The science-based advice of the *Dietary Guidelines for Americans, 2005* in this booklet highlights how to:

- Make wise choices from every food group.
- Find your balance between the food you eat and the energy you burn.
- Get the most nutrition out of your calories.

Eating right and being physically active are keys to good health at any time of life. For older adults, these healthful habits may help you:

- Stay happy, mobile, and independent.
- Manage chronic health conditions such as diabetes and arthritis.
- Reduce the risk of heart disease, certain types of cancer, diabetes, obesity, anxiety and depression, arthritis, and osteoporosis.

So, why not find your way to a healthier you—for yourself, your family, and your future. You may increase the quality of your life, as well as your chances for a longer one. More specific information is available on the Internet, at www.healthierus.gov/dietaryguidelines.

Get older, wiser, and healthier. Make smart choices from every food group.

The best way to give your body balanced nutrition is by eating a variety of nutrient-packed foods every day, while staying within your daily calorie needs as an older adult. A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

For older adults, every day it is important to:

- Eat foods that are fortified with vitamin D and vitamin B12. Check the label.
- Eat whole grains, such as whole-grain bread and shredded wheat cereal more often.
- Eat foods that provide no more than 1,500 milligrams of sodium per day. Check the Nutrition Facts label for the number of milligrams of sodium in a food. You don't want to exceed a total of 65% Daily Value (DV) for sodium from all foods in a day.
- Meet the potassium recommendation of at least 4,700 milligrams a day with food. Get an adequate number of daily servings of vegetables, fruits, and low-fat or fat-free milk products such as sweet potatoes, beet greens, tomatoes, bananas, prune juice and low-fat or fat-free yogurt.

DON'T GIVE IN, EVEN WHEN YOU EAT OUT AND ARE ON THE GO

It's important to make smart food choices and watch portion sizes wherever you are—even away from home. Some tips:

- When eating lunch out, try a sandwich on whole-grain bread, and choose low-fat/fat-free milk, water, or other drinks without added sugars.
- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

Mix up your choices within each food group.

Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need about 2 cups of fruit each day, for example 1 large banana and 1 large orange. If you need 1,600 calories, you will need about 1 1/2 cups each day, for example 1 small apple and 1/2 cup strawberries.

Vary your vegetables. Eat more dark green vegetables such as broccoli, kale, and other dark leafy greens; orange vegetables, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils. For a 2,000-calorie diet, you will need about 2 1/2 cups of vegetables each day. If you need 1,600 calories, you will need about 2 cups each day, for example, 1 medium baked potato, 1/2 cup cooked spinach, and 1/2 cup acorn squash.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat or fat-free yogurt and/or low-fat cheese (1 1/2 ounces of cheese equals 1 cup of milk)—every day. If you are lactose intolerant, choose lactose-free milk products, yogurt and cheese. If you do not or cannot consume milk, select calcium-fortified foods and beverages.

Make half your grains whole. For a 2,000-calorie diet, you need about 6 to 7 ounces of grains each day, and at least half should be whole-grain cereals, breads, crackers, rice, or pasta. One ounce is about 1 slice of bread, 1 cup of ready-to-eat breakfast cereal, or 1/2 cup of cooked rice or pasta. If you need 1,600 calories, you will need about 5 ounces. Check that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

Go lean with protein. Choose lean meats and poultry to bake, broil, or grill. And vary your protein choices—with more fish, beans, peas, nuts, eggs, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on food packages. Look for foods low in saturated fats, cholesterol, and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

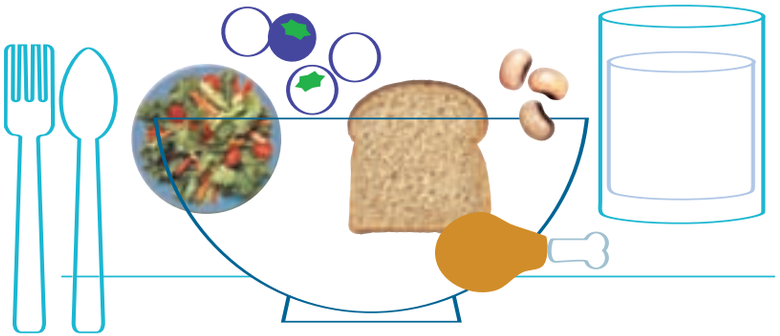
Find your balance between food and physical activity.

Living healthier and feeling better isn't just about eating healthy—it's also about physical activity. Your body was designed for activity. That means everything works better when you keep moving. Regular physical activity can help older adults bend, stretch, and go up and down stairs. It also helps control body weight by balancing the calories taken in as food with the calories burned while physically active.

- Be physically active for at least 30 minutes above usual activity on most days of the week.
- Being physically active for a longer amount of time with more intensity on most days may provide even greater health benefits and help control body weight. To prevent weight gain, try about 60 minutes of moderate physical activity on most days.
- You can break up your physical activity into 10- or 15-minute sessions throughout the day—it's the daily total that matters.

BEFORE YOU START:

Even as you get older, you should be able to do moderate physical activity such as brisk walking without seeing a doctor. But, if you're an older adult who plans a vigorous program or has a chronic disease or risk factors for chronic disease, consult a healthcare provider who can help you design a safe, effective program.



Get the most nutrition out of your calories.

There is a right number of calories for you to eat each day. This number depends on your age, gender, activity level, and whether you're trying to gain, maintain, or lose weight. For adults age 51 and older, here are the estimated calorie requirements.

For women who are	
Sedentary (not active)	Aim for 1,600 calories a day
Moderately active	Aim for 1,800 calories a day
Active	Aim for 2,000 to 2,200 calories a day
For men who are	
Sedentary (not active)	Aim for 2,000 calories a day
Moderately active	Aim for 2,200 to 2,400 calories a day
Active	Aim for 2,400 to 2,800 calories a day

You could use up your daily calories on a few high-calorie items, but chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

So, choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories. Choose foods such as fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

Nutrition: To know the facts…use the label.

Most packaged foods have a Nutrition Facts label. Here are some tips for reading it:

Check servings and calories. Look at the serving size and how many servings you are actually eating.

- Tip: If you eat two servings of a food, you double the calories and nutrients, including the % DVs.

Make your calories count. Look at the calories on the Nutrition Facts label and compare them with the nutrients they offer.

- Tip: When you look at a food's Nutrition Fact's label, first check the calories, and then check to see if it is packed with enough nutrients to make the calories worth eating.

Eat less sugar. Foods high in added sugars may provide calories but few essential nutrients. So, look for foods and beverages low in added sugars. Read the ingredient list, and make sure added sugars are not one of the first few ingredients.

- Tip: Names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils. Fat should be in the range of no more than 20% to 35% of the calories you eat.

- Tip: Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease.

Reduce sodium (salt), increase potassium. Older adults tend to be salt-sensitive. So, aim to eat no more that 1,500 milligrams of sodium each day—the equivalent of about 3/4 teaspoon of salt. Also, look for foods high in potassium, such as sweet potatoes, beet greens, white potatoes, white beans, low-fat or fat-free yogurt, prune juice, and bananas. These counteract some of sodium's effects on blood pressure.

- Tip: Most sodium you eat is likely to come from processed foods, but at 1,500 milligrams, you need to be careful with the salt shaker, too.

Use this tool to make smart food choices. It helps to know you should:

- **Use the % Daily Value (DV) column: 5% DV or less is low, and 20% DV or more is high.**
- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A, C, and D, calcium, and iron.
- Check the calories: 400 or more calories per serving of a single food is high.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Start here

Check calories

Quick guide to % DV

5% or less is low
20% or more is high

Limit these

Get enough of these

Play it safe with food.

Know how to prepare, handle, and store food safely to keep you and your family safe. It's important that older adults, people with weakened immune systems, and people with certain chronic illnesses pay extra attention and carefully follow food safety advice.

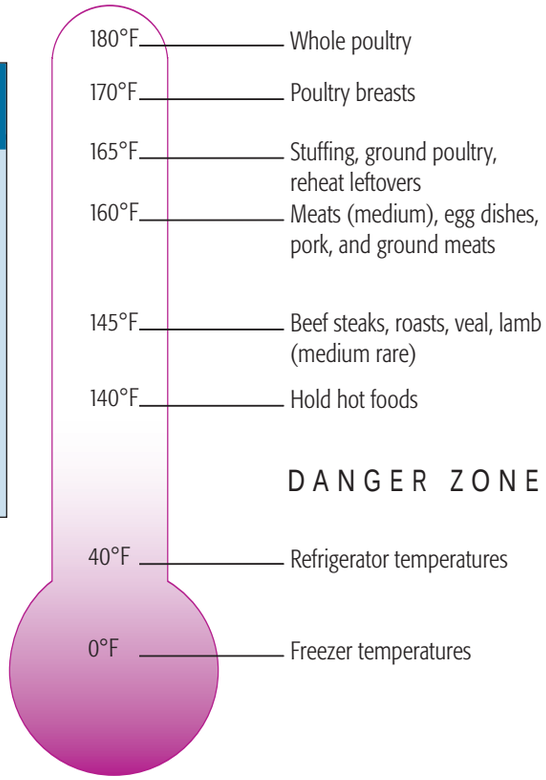
- Clean hands, food-contact surfaces, fruits, and vegetables.
- Do not wash or rinse meat and poultry. This used to be a common practice, but experts say it can spread bacteria to other foods. Plus, it's just not necessary because any bacteria present on the food will be destroyed by cooking to safe internal temperatures.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.
- Reheat leftover refrigerated foods to a safe internal temperature.

For older adults specifically, it's also important to:

- Heat any deli meat, hot dogs, or sausage to steaming hot.

Not eat:

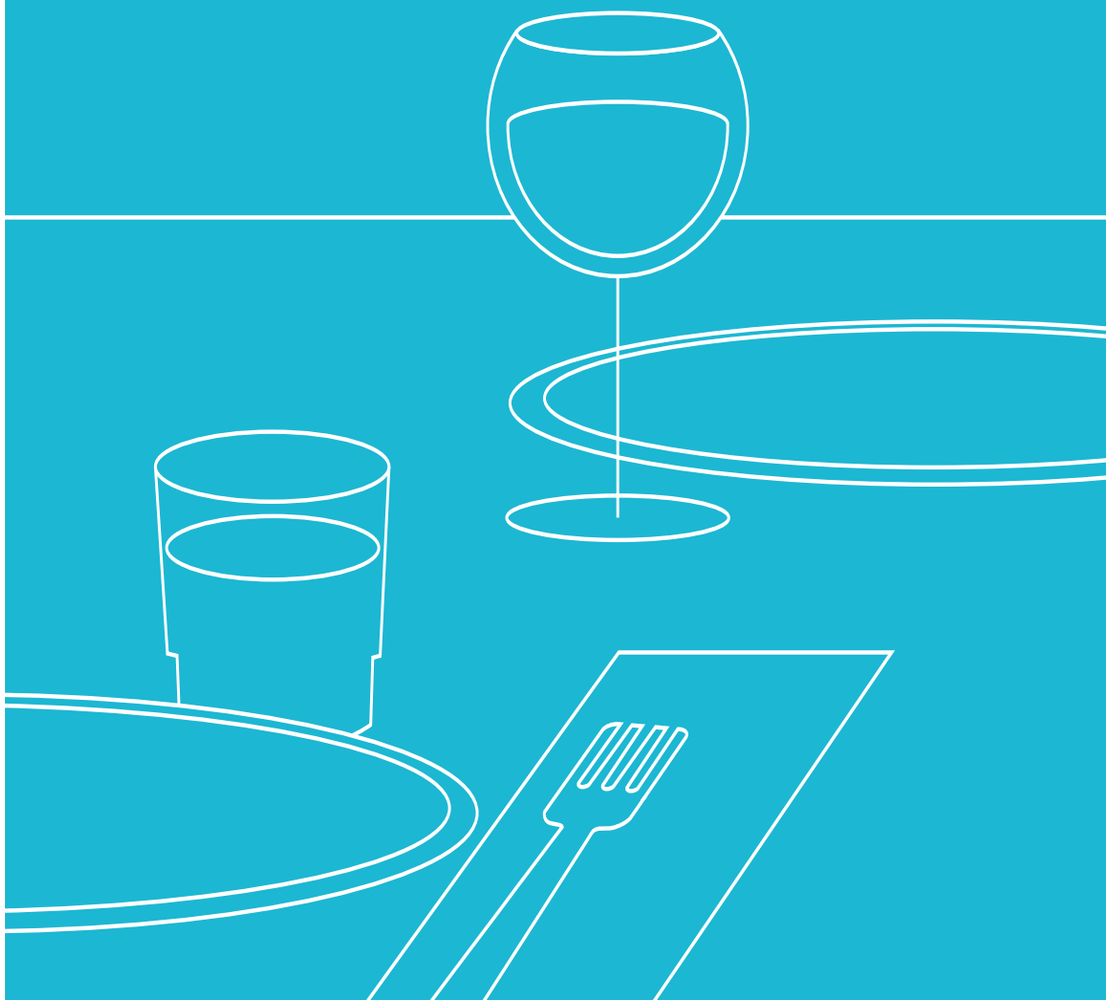
- Unpasteurized milk, milk products, and juice.
- Raw or partially cooked: eggs or foods containing eggs, meat, poultry, fish, and shellfish.
- Raw sprouts.



About alcohol.

If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men. Twelve fluid ounces of beer, 5 fluid ounces of wine, or 1 1/2 fluid ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, drinking more than moderately can be harmful to your health as well as others. And some people, or people in certain situations or on certain medications, shouldn't drink at all. If you have questions or concerns, talk to your healthcare provider.



What Are "Oils"?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns.

Some commonly eaten oils include:

- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

- nuts
- olives
- some fish
- avocados

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Check the Nutrition Facts label to find margarines with 0 grams of *trans* fat. Amounts of *trans* fat are required to be listed on labels.

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no plant foods contain cholesterol.

A few plant oils, however, including coconut oil, palm oil, and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common fats are:

- butter
- milk fat
- beef fat (tallow, suet)
- chicken fat
- pork fat (lard)
- stick margarine
- shortening
- partially hydrogenated oil

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

Smart Snacking for Adults and Teens

Make snacks work for you by choosing nutrient-rich foods from the grains, fruit, vegetable, dairy and protein food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Just choose wisely:

- Think of snacks as mini-meals that contribute nutrient-rich foods. You can fit snack calories into your personal healthy eating plan without over-spending your day's calorie budget.
- Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Feed the urge to do something by walking the dog or working in the garden.
- Keep portion control in mind. Have a single-serve container of yogurt or put a small serving of nuts in a bowl. Eating directly from a multiple-serving package can lead to overeating.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers and low-fat cheese.

Get creative with the following snack suggestions by swapping out different fruits, vegetables and grains to keep your snacking exciting!

Snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese

- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Six whole-wheat crackers and one slice low-fat Colby cheese
- Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard

Snacks with 200 to 300 calories for active adults, teens and athletes:

- Refuel between meals or after a work-out with these higher-calorie snacks. Watch serving sizes to stay within the range of 200 to 300 calories.
- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup berries and ¼ cup granola
- Trail mix: Mix 20 almonds, miniature box of raisins, and ¼ cup sunflower seeds
- Instant oatmeal made with fat-free milk with 1 tablespoon honey, ½ cup sliced peaches and dash of cinnamon
- One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 5 vanilla wafers
- Veggie pizzas: Split whole wheat English muffin. Top with 2 tablespoons low-fat cream cheese, ½ cup diced fresh veggies and one ounce low-fat mozzarella cheese
- Cinnamon-raisin mini-bagel spread with one tablespoon peanut butter
- Hot chocolate made with low-fat or fat-free milk and a small oatmeal cookie
- Whole-grain toaster waffle with 1 ½ tablespoons chocolate-flavored hazelnut spread
- Banana split: banana sliced length-wise topped with ½ cup frozen yogurt and a tablespoon of chopped nuts

For more healthy eating tips, visit www.eatright.org.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

eat right.

The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Iowa Department on Aging

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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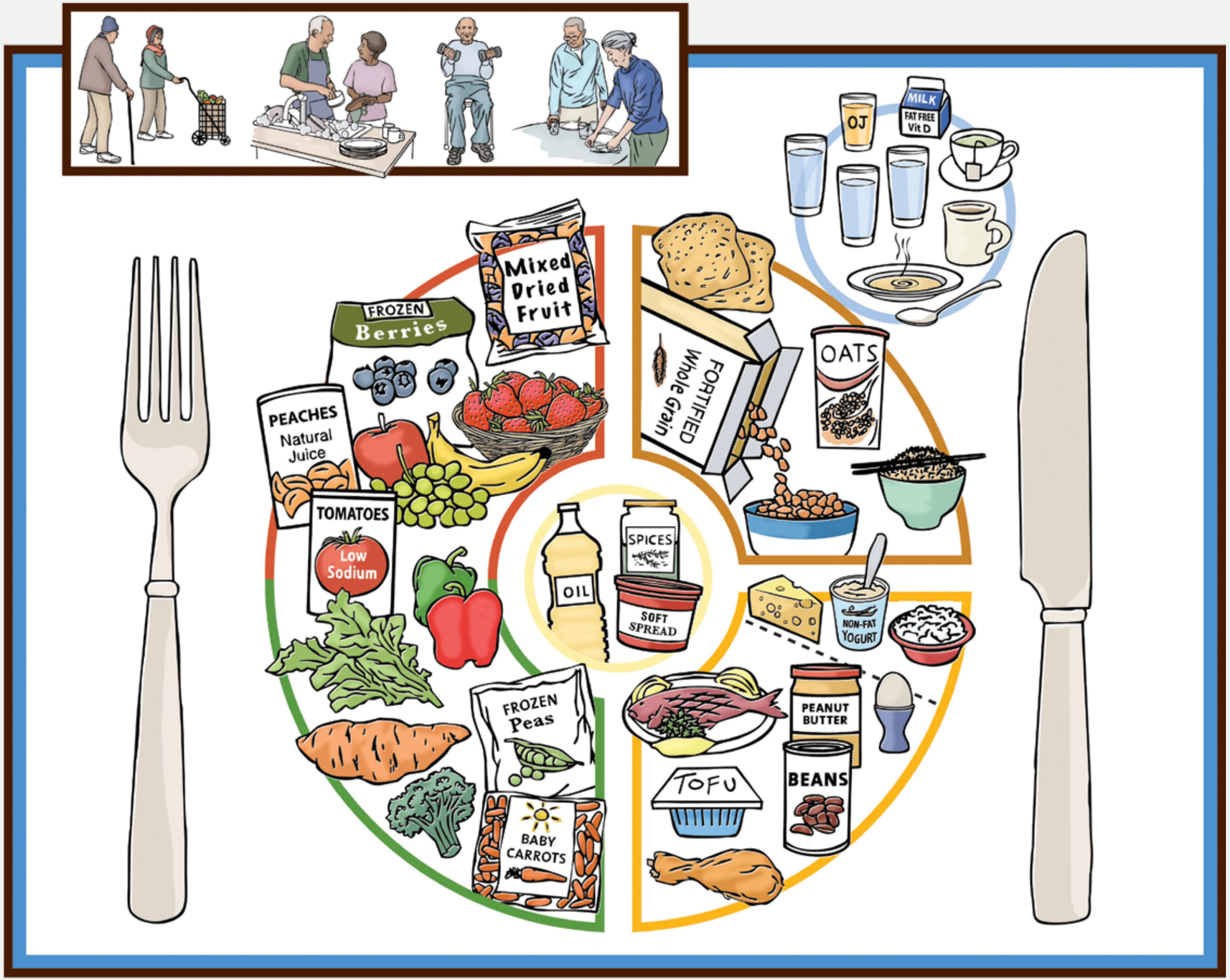
MyPlate for Older Adults



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Making wise food choices can help you stay healthy. Best choices include:

- vegetables and fruits with deeply colored interiors
- whole grain and fortified breads, whole grain cereals and brown rice
- low-fat and non-fat dairy products such as yogurt and cottage cheese
- beans, nuts, fish, poultry, lean meat and eggs
- liquid vegetable oils and soft spreads
- spices and herbs to replace salt

Also, remember to **get plenty of fluids,** especially in hot weather, and get **regular physical activity** to keep at your best.

Tufts UNIVERSITY | Jean Mayer USDA Human Nutrition Research Center on Aging

In conjunction with

City of Somerville Council on Aging