Choose fiber-rich foods often.

Drink water and other beverages that are low in added sugars.

Use fortified foods or supplements to meet your vitamin D and vitamin B₁₂ needs.
### VEGETABLES
Vary your veggies

- Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.
- Eat more orange vegetables, such as carrots and sweet potatoes.
- Eat more dried beans and peas, like pinto, black, or kidney beans, and lentils.

### FRUITS
Focus on fruits

- Eat a variety of fruits, like bananas, berries, grapes, and oranges.
- Choose fresh, frozen, canned, or dried fruit.
- Eat fruit rather than drinking juice for most of your fruit choices.

### GRAINS
Make half your grains whole

- Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day.
- 1 oz. is about 1 slice of bread, 1 cup of cold breakfast cereal, or ½ cup of cooked cereal, rice, or pasta.
- Eat cereals fortified with vitamin B₁₂.

### PROTEIN FOODS
Go lean with protein

- Choose low-fat or lean meats and poultry.
- Bake, broil, or grill.
- Vary your protein sources. Include eggs, dried beans, tofu, fish, nuts, and seeds.

### DAIRY
Get your calcium-rich foods

- Choose low-fat or fat-free milk, yogurt, and other milk products.
- If you don’t or can’t consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.

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**For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to ChooseMyPlate.gov.**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Eat 2½ cups every day</td>
</tr>
<tr>
<td>Fruits</td>
<td>Eat 1½ cups every day</td>
</tr>
<tr>
<td>Grains</td>
<td>Eat 6 oz. every day</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>Eat 5 oz. every day</td>
</tr>
<tr>
<td>Dairy</td>
<td>Eat 3 cups every day</td>
</tr>
</tbody>
</table>

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### Eat Right
- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

### Be Active
- Go for a walk.
- Play with your grandchildren and/or a pet.
- Work in your yard or garden.
- Take an exercise or dance class at a community center or gym.
- Share a fun activity with a friend or family member.
- Remember: all activity adds up! You don’t have to do it all at once.

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**Enjoy Life:** Spend time with caring people doing things you enjoy.

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*MyPlate for Older Adults* was adapted from USDA’s MyPlate by nutrition faculty in the Department of Family, Youth and Community Sciences, IFAS, University of Florida, Gainesville, Florida 32611.

2011

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Elder Nutrition and Food Safety
MyPlate for Older Adults

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[The following educational material can help educators convey nutrition messages that will assist consumers in applying the Dietary Guidelines for Americans, 2010, which were the basis for the eating patterns that are represented by the MyPlate icon. This fact sheet is being distributed by University of Florida IFAS Extension for use by Extension faculty, health professionals, and consumers in Florida.]

For the PDF version of this document, visit http://edis.ifas.ufl.edu/pdffiles/FY/FY126000.pdf

What's on your plate...?