Ways to Eat Smart As You Get Older

Remember to Stay Active





Know what a healthy Plate looks like

See how to build a healthy plate

www.ChooseMyPlate.gov



Look for key Nutrients

Be a smart shopper. Find items that are lower in fat, added sugars, and sodium

**Resource:** National Council on Aging, (2018). How to eat well as you get older. Retrieved from: https://www.ncoa.org



Stay Hydrated

Water is an important nutrient. Drink fluids consistently throughout the day



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org