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# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Eating Right for Older Adults

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Consider the following tips to help you get started on your way to eating right.



### **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including dark-green, red and orange. Beans, peas, and lentils are also good choices. Fresh, frozen and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels.

Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

### **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans, peas, and lentils, as well as lean meat, poultry and eggs. Spread your protein intake throughout the day by including a lean source with meals and snacks. Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

### **Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats occasional choices, not every day foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs .

Switch from solid fats to oils when preparing foods.

Select fruit for dessert more often in place of desserts with added sugars.

### **Stay Well Hydrated**

Drink plenty of fluid throughout the day. Choose unsweetened beverages, like water or milk, in place of sugary drinks.

### **Enjoy your food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

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

When eating out, look for healthier menu options. Choose dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or take half home for later.

### **Be physically active your way.**

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, check with your doctor concerning increased physical activity.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**



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

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## Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

### **Cook more, eat out less**

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

### **Plan what you're going to eat**

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.myplate.gov).

### **Decide how much to make or buy**

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

### **Determine where to shop**

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



### **Shop for foods that are in season**

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

### **Watch portion sizes**

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.



### **Focus on nutritious, low-cost foods**

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

### **Make your own healthy snacks**

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

### **Start a garden or visit a Farmers Market**

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

### **Quench your thirst with water**

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

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## Eating Right with Less Added Sugars



Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Sugars added to foods and beverages give them a sweet taste but offer no nutrition compared to foods and drinks that are naturally sweet. Most Americans get too many calories from added sugars and over time this may affect their weight and health.

Many people think of desserts as the main source of added sugars, but numerous foods and drinks may contain added sugars. For example, sweetened drinks like regular soft drinks, some fruit drinks and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring flavored creamer in coffee.

## How to Identify Sources of Added Sugars

The new and improved Nutrition Facts Label can help you identify sources of added sugars. You can also review the ingredients list. The ingredients that appear first are in the largest amount. Be sure to look for foods and drinks that don't have sugar (or some other sweetener) listed as the first ingredient. Other examples of sweeteners and sources of added sugars include: brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar.

Sources of added sugars often lack nutrients needed for good health, while foods and drinks that contain natural sources of sugar provide nutrients, like vitamins and minerals. For example, fruits like strawberries are a great source of vitamin C, and milk provides vitamins A and D and calcium.

It's not necessary for individuals over the age of 2 to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended. When this happens there is less room for more nutritious foods and drinks.

If you have a taste for something sweet, try eating some fruit first. When you're thirsty reach for milk or water. Other ways to reduce sources of added sugars include: making or buying healthier versions of baked goods; including foods and drinks with added sugars less often; and eating or drinking sweet treats in smaller portions.

## Tips on How to Reduce Sources of Added Sugars

- Sweeten low-fat plain yogurt with fresh, frozen or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Encourage healthier drinks like plain milk and water for young children.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks for older children.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk and yogurt in place of ice cream.
- Quench your thirst with water or plain low-fat milk instead of sweetened beverages, like energy, soft and sports drinks.

Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs and limit added sugars to less than 10 percent of calories per day starting at age 2.

Visit [MyPlate.gov](http://MyPlate.gov) for more information.

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## Eating Right With Less Salt

Most Americans are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension. (Salt is the common name for sodium chloride.)

The *2020-2025 Dietary Guidelines for Americans* recommends less than 2,300 milligrams per day of sodium and even less for children younger than age 14.

Here are ways you can eat right with less salt:



### Focus on fresh foods

Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt and grains like rice are naturally low in sodium. Include these foods more often in meals and snacks.

### Eat processed and prepared foods less often

Highly processed and ready-to-eat foods tend to be higher in sodium. Eat these foods only occasionally or in smaller amounts – especially cheesy foods, such as pizza; cured meats such as bacon, sausage, hot dogs and deli or luncheon meats; and ready-to eat foods, like canned chili, soups and “instant” flavored noodles and rice.

### Cook more often at home

Enjoy home-prepared foods where you are in control of how much salt is added. Use little or no salt when cooking. Even if package instructions say to add salt to the water before boiling, it isn't required and can often be omitted. When using canned vegetables with salt added, be sure to drain and rinse the vegetables to reduce the amount of salt.

### Try new flavors

Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice. Make your own salt-free seasonings by combining dried herbs and spices.

## Read food labels

Read the Nutrition Facts Label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

## Use caution with condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium. Try low-sodium soy sauce and ketchup. Sprinkle only a small amount from a seasoning packet, not the entire amount.

## Allow your taste buds to adjust

Like any change, it can take time for your taste buds to adapt to less salt. Foods lower in sodium may taste differently at first, but over time it's possible to acquire a taste for foods that are lower in sodium.

## Salt-free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor.

- **Mixed herb blend:** Mix together  $\frac{1}{4}$  cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.
- **Italian blend:** Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.
- **Mexican blend:** Mix together  $\frac{1}{4}$  cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and  $\frac{1}{2}$  teaspoon cinnamon.

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## Shop Smart – Get the Facts on the New Food Labels

You may have already noticed some differences in the way the Nutrition Facts panel looks. The new and improved Nutrition Facts Label will help you make better decisions about the foods and beverages you eat and drink. Become a smart shopper by reading food labels and start making healthier choices today.

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find one that meets your calorie needs.
- Look for foods that are lower in saturated fat, *trans* fat, sodium, and added sugars.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: FDA

FOR REFERENCE ONLY

### Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Serving sizes on the new label reflect the portions most people are eating or drinking, not what they should be consuming.
- Remember to compare the portion you take to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.
- For packages that contain more than one serving but could reasonably be eaten in one sitting, a second column will be listed to show the nutrition information for the whole package.

For more food label information, visit the U.S. Food and Drug Administration at <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

## Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food or beverage fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day – not just for one meal or snack.
- Everyone is unique. You may need more or less than 2,000 calories per day. For some nutrients, you may also need more or less than 100% DV.
- 5 percent or less is low – try to aim low in saturated fat, *trans* fat, sodium and added sugars.
- 20 percent or more is high – try to aim high in vitamins, minerals and dietary fiber.

## Limit Saturated Fat, Trans Fat and Sodium

Eating less of these may help reduce your risk for some chronic diseases.

- Limit saturated fats to less than 10% of total calories per day starting at age 2 by replacing them with unsaturated fats.
- Limit *trans* fats to as low as possible.
- Limit sodium to less than 2,300 mg daily and even less for children younger than age 14.

## Limit Sources of Added Sugars

Foods and drinks with added sugars often lack nutrients and take the place of more nutritious foods. Examples of added sugars include white granulated and brown sugars, as well as syrups, nectars, honey and other sweeteners.

On the new labels, the amount of added sugars will show grams per serving and a percent DV.\*

- Limit added sugars to less than 10% of your total calories per day starting at age 2.  
(Sources of added sugars should be avoided for children under the age of 2.).

\*Products sold separately, such as bags of sugar or bottles of honey will only display the percent DV.

## Nutrients That May Be Lacking

The new labels put a focus on nutrients many Americans don't get enough of, including vitamin D, calcium and potassium. Iron is also listed, since young children, adolescent girls, and women who are capable of becoming pregnant may not get enough. These nutrients have replaced vitamins A and C on the new label.

## Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients in the largest amounts (by weight) are listed first.

Food manufacturers are also required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

## What Claims on Food Labels Really Mean

The U.S. Food and Drug Administration (FDA) has strict guidelines on how certain food label terms can be used. FDA also sets standards for health-related claims and nutrient content claims to help consumers identify foods that are rich in nutrients and those that may help to reduce the risk for certain diseases based on the available research.

For example, health claims may highlight the link between calcium, vitamin D and osteoporosis or sodium and high blood pressure (hypertension).

These are some of the claims that are seen on food packaging, as defined by the FDA:

- **Reduced** – 25% less of the specified nutrient or calories than the usual product.
- **Good source of** – Provides at least 10% of the DV of a particular nutrient per serving.
- **Fat-free / sugar-free** – Less than ½ gram of fat or sugar per serving.
- **Low sodium** – 140 mg or less of sodium per serving.
- **High in (or Excellent source of)** – Provides 20% or more of the DV of a specified nutrient per serving.

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## Smart Tips for Reading Menus

Ordering out may be a treat after a busy week or a fun way to mark a celebration. However, making the right choices when eating out can also be a challenge.

Here are a few tips to keep in mind to help you decipher the menu the next time you order out.



### Nutrition Information

Many restaurants, bakeries, coffee shops and quick service vendors are required to provide nutrition information about their foods and beverages right on the menu.

#### Calories

The amount of calories for foods that are regularly offered should be listed next to items on menus, order boards or next to the food being served on buffet lines.

#### Salt, Fat, Carbohydrates and More

The information posted on the menu is usually limited to calories but sometimes a restaurant may list other nutrients to show that the food is low in fat or high in protein.

Additional nutrition information must also be available on request for most foods served at these restaurants. This includes information about the amount of nutrients, such as sodium, saturated fat and dietary fiber.

If you like to plan ahead, many restaurants also have nutrition information available online, which can help you select healthier options before you arrive and reduce pressure you may feel to order quickly.

### Have a Backup Strategy

Restaurants aren't required to have nutrition information available if they have fewer than 20 locations. There are also a few exceptions for items such as daily specials, custom orders or condiments.

If nutrition information isn't available for an item, consider the following tips when you're deciding what to order.

Limit items that are fried or served in sauces that are high in calories and saturated fat. Some terms to be mindful of include:

- Crunchy, Crispy, Battered and Breaded
- Creamy, Cheesy, Alfredo

Items that are often lower in calories and may be more healthful options include terms, such as:

- Baked, Grilled, Roasted, Steamed
- Al Fresco, Marinara

## Make the Right Choices for You

Nutrition needs vary from person to person. Choose the foods that fit your health needs, eating style and preferences.

These tips may be helpful when trying to make the best choices for you and your family:

- Consider the calorie information when deciding between different dishes and what to order.
- Remember that side dishes add calories too; consider steamed vegetables or fruit as an option, when available.
- Save half your meal for later or ask for a dessert to be split for a more appropriate portion size when servings are large or high in calories.
- Rethink your drink. Calories from beverages can add up quickly, especially if there are free refills. Choose healthier options like water or low-fat or fat-free milk or drinks that are calorie-free, such as unsweetened coffee or tea.
- Ask for sauces and dressing on the side to help control how much actually goes on your food.



## Find Your Healthy Eating Routine

Everyone has their own, individual nutrition needs. Find your healthy eating routine by using recommendations from MyPlate.

Choose foods and beverages with less saturated fat, sodium and added sugars. Focus on variety, amount and nutrition when choosing what to eat and drink. And, start with small changes to build your healthy eating routine now and into the future.

MyPlate can help you find a healthy eating routine that meets your needs.

If you have special nutrition needs, consult a registered dietitian nutritionist for personalized nutrition advice.

Find more healthy eating tips at:

[eatright.org](http://eatright.org)  
[kidseatright.org](http://kidseatright.org)

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## Smart Tips for Personalizing Your Plate

Foods that we grow up eating are often influenced by our family's history and culture. Many cuisines offer dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.



### Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- Fill half your plate with fruits and veggies. Get creative with produce by trying an assortment of colors and textures.
- Experiment with different grains. Try substituting whole grains for refined grains in recipes.
- Choose lean protein foods. Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- Complete your meal with dairy. Include low-fat or fat-free options like milk, yogurt, cheese or calcium-fortified soymilk.

A healthful eating style can be as unique as you!



## Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

### Breakfast:

- Oatmeal, amaranth or millet with fat-free or low-fat milk or soymilk, chopped unsalted nuts, and fruit
- Beans and brown rice, salsa, cooked plantain and a poached egg
- Low-fat yogurt with muesli and fresh fruit
- Scrambled egg with diced potato, bell pepper and onion, served with a fresh orange
- Fish tacos with avocado and salsa, sautéed chard and pineapple
- Shrimp gumbo with brown rice, okra and a side of fresh fruit
- Stir-fried bok choy, pork and brown rice with a kumquat and soymilk

### Lunch or Dinner:

- Turkey and cheese sandwich on whole wheat bread with a cup of vegetable soup
- Chana masala with naan and vegetable raita
- Ravioli with sautéed tomatoes and mushrooms and fresh salad with pear and cheese
- Tabbouleh and lentil soup, with pomegranate and low-fat yogurt
- Grilled chicken with steamed broccoli, baked potato and shredded cheese

### Snacks:

- Hummus with vegetables and whole wheat pita bread
- Low-fat plain yogurt and fresh fruit
- Cashews, almonds, or other nuts with dried fruit

### Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

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Client Name:

Date:

RDN/NDTR:

Email:

Phone:

# Home Food Safety for Seniors

As you age, it is normal for your immune system to not work as well as it did when you were younger. Your body may not be as quick to identify and rid itself of harmful bacteria and other pathogens that cause infection.

- By the age of 65, many people have been diagnosed with one or more chronic condition, which may include cardiovascular disease, diabetes, arthritis, or cancer, and may require taking at least one prescription medication. The side effects of some medications and chronic diseases may weaken your immune system.
- After the age of 75, many adults have a weakened immune system, leading to a greater risk of foodborne illness, likely with worse symptoms than a younger adult would experience.
- As we age, our body processes slow down, which means foods take longer to digest, and the kidneys and livers may not be as effective at ridding our bodies of toxins.
- If your sense of smell or taste is altered, you may not be able to identify foods that should not be eaten.

## Shopping Tips

- Carefully read food labels when shopping. Do not buy perishable foods that are past their “sell by” date (which tells the store how long they can display the product). A “use-by” date lets you know when the food is at its best flavor or quality.
- While shopping, put raw meat, poultry, and seafood into plastic bags to prevent their juices from dripping onto other foods.
- Buy only pasteurized milk, cheese, and other dairy products, and only if stored in refrigeration.
- Purchase only eggs in shells stored in refrigeration. If you want to safely eat raw eggs, purchase pasteurized eggs. Do not use cracked eggs.
- Purchase produce that is not damaged or bruised, and never buy food that is displayed in an unsafe or unclean condition, sealed containers and packages that have been opened, or punctured packages and produce.
- Make sure canned goods are free of dents, cracks, and bulging lids.
- Plan your shopping so that perishable foods are added to your cart last, and always go home directly after shopping, unless you’ve brought a cooler or appropriate container to keep food at refrigerator temperature.
- Always refrigerate perishable foods within 2 hours of purchasing, or within 1 hour if it is 90° or hotter outside.

## Cooking Tips

- Clean: wash your hands and the area where you prepare food often.
  - Wash hands in warm soapy water for 20 seconds, every time you use the bathroom, handle pets, or handle raw meat, fish, or poultry.
- Wash produce, rinse fruits and vegetables, and rub fruits and vegetables with firm skins under running tap water.
  - Examples of produce with firm skins include potato, eggplant, and oranges
- Clean the lids on canned goods before opening or drinking from them.
- If you use cloth towels to clean kitchen surfaces, they should be machine washed in hot water often. Disposable paper towels are the safest product to use for cleaning a kitchen.
- Replace sponges frequently. Clean off any dirt or food particles and ring out well after use, and store in a dry place to reduce bacteria growth. Replace immediately if it starts to smell.
- Separate products to prevent cross contamination.
  - Separate raw fish, meats, chicken, turkey, and eggs from other foods in the refrigerator. If you place raw products on a surface, do not place cooked food there until you have washed the surface with hot, soapy water.
  - Do not reuse marinades that had been used for raw meals unless you boil them first.
  - Use separate cutting boards for raw meats, fish, and poultry, and ready-to-eat foods such as fruits, vegetables, and breads. Buying different colored boards or labeling them may help you remember which one to use.
- Cook to safe temperatures
  - Always follow the cooking temperature and cooking time in any recipe you follow.
  - Use a food thermometer to ensure foods are cooked to the proper temperature:

### Safe Minimum Internal Temperatures for Foods

Cook foods to at least these internal temperatures before removing food from the heat source.

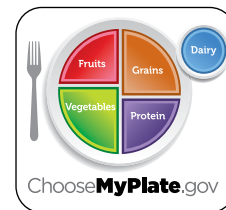
<b>Whole beef, pork, veal, lamb, steaks, roasts, chops</b>	145°F with 3-minute rest time
<b>Fish</b>	145°F
<b>Ground beef, pork, veal, lamb</b>	160°F
<b>Egg dishes</b>	160°F
<b>Whole/pieces/ground turkey, chicken, duck</b>	165°F

- Chill
  - Always refrigerate foods promptly keep harmful pathogens from growing. Your refrigerator temperature should be kept at 40° or cooler. If needed, purchase an appliance thermometer for added assurance.
  - Refrigerate or freeze meats, eggs, poultry, seafood, and other perishable foods within 2 hours of cooking or within 1 hour if the outside temperature is 90° or hotter.
- Never thaw frozen foods at room temperature. Instead, thaw foods in the refrigerator, in cold running water, or in the microwave. Cook immediately, if thawed in the later two methods.
- If you prepare a large batch of food and plan to freeze some of it, divide the food into smaller containers for quicker cooling in the refrigerator before freezing.

# 10 tips

## Nutrition Education Series

# eating foods away from home



## MyPlate 10 tips for eating out

Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions and too many extras can make it difficult to stay within your calorie needs. Think about ways to make healthier choices when eating food away from home.



### 1 consider your drink

Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

### 2 savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



### 3 share a main dish

Divide a main entree between family and friends. Ask for small plates for everyone at the table.

### 4 select from the sides

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

### 5 pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



### 6 fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian options are usually filled with vegetables. Order options without creamy sauces or heavy gravies. Select fruits for dessert.

### 7 compare the calories, fat, and sodium

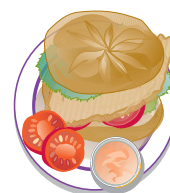
Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check [www.FDA.gov](http://www.FDA.gov).

### 8 pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

### 9 get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



### 10 quit the "clean your plate club"

When you've eaten enough food, leave the rest. Take leftovers home in a container and chill in the refrigerator right away.



**U.S. FOOD & DRUG  
ADMINISTRATION**

# Tips for Making Healthy Choices When Eating Out



In today's busy world, Americans eat and drink about one-third of their calories from foods prepared away from home. Here are three steps for making eating out choices that are healthy and delicious.

- 1. Find out YOUR calorie needs.** A total intake of 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, sex, and physical activity. Find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>.
- 2. Look for calorie and nutrition information.** Calorie information can be found on menus or menu boards of restaurants and other food establishments that are part of a chain of 20 or more locations and additional nutrition information is also available upon request in those restaurants. Many chain restaurants also include nutrition information online, so you can also check restaurant websites for nutrition information before going out.



**3. Make the best choice for you.** Comparing calorie and nutrition information can help you make better decisions before you order.

- Side dishes can add many calories to a meal. Steamed, grilled, or broiled vegetables and fruit are often lower-calorie options. With calorie information, you can make the best choice for you.
- Calorie information can help you decide how much to enjoy now and how much to save for later.
- Asking for sauces or salad dressings on the side lets you choose how much to use.
- Foods described with words like creamy, fried, breaded, battered, or buttered are typically higher in calories than foods described as baked, roasted, steamed, grilled, or broiled. Use calorie information to help you make the choice that is right for you.
- Calories from beverages add up quickly. With calorie information, you can find lower-calorie options.



# Handling Take-Out Foods Safely

Author: Joyce McGarry, MSU Extension Food Safety Educator  
2022 revision by Laurie Messing, MSU Extension Food Safety Educator

Take-out and delivered foods have become routine and often necessary in today's busy world. However, take-out foods that are transported need time and temperature control to avoid foodborne illness. Following safe handling procedures will help keep your take-out food safe to eat.

Bacteria grow rapidly between 40 °F and 140 °F. It's best to keep food out of this "Temperature Danger Zone."

## Handling hot take-out or delivered food safely

- Keep cooked hot food at an internal temperature of 140 °F or above.
- Use a food thermometer to monitor the internal temperature of food.
- Divide leftovers into smaller portions, and place into shallow containers in the refrigerator.

## Handling cold or refrigerated take-out or delivered food safely

- Keep cold foods at 40 °F or below.
- Refrigerate perishable food within two hours after purchase or delivery.
- If perishable food is out in air temperatures above 90 °F, refrigerate within one hour.
- Pack cold food in a covered cooler with plenty of ice or frozen gel packs.

## Thawing meals safely

- Thaw wrapped, cooked meat or poultry in the refrigerator.
- Allow 24 hours for every 5 pounds of meat or poultry.
- Eat cooked meat or poultry within 3 to 4 days.
- Eat thawed meals cold or reheated.

Note that you may place frozen food directly into the oven without thawing.



## Handling Take-Out Foods Safely

### Reheating meals safely

- Always reheat meat and poultry to an internal temperature of at least 165 °F.
- Use a food thermometer to check internal temperature.
- If reheating in the oven, set oven temperature to no lower than 325 °F.
- Do not reheat meals in a slow cooker.
- Cover and rotate food for even heating when using a microwave.

### Reference

U.S. Department of Agriculture Food Safety and Inspection Service. (2013, June 13). *Safe handling of take-out foods*.

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-handling-take-out-foods>

WHEN IN DOUBT, THROW IT OUT!

Find out more about Michigan Food Safety at

[www.msue.msu.edu/safefood](http://www.msue.msu.edu/safefood).

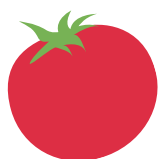
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# URI SNAP-ED NUTRITION NEWSLETTER



**FOOD SAFETY FOR EVERY DAY**



This newsletter is coming to you from the University of Rhode Island SNAP-Ed, a program which focuses on helping people in Rhode Island eat healthy on a budget. This month, we are covering helpful food safety tips and reminders on how to safely store items for best quality.

## 4 Simple Steps To Food Safety

### Clean

Germ and bacteria can spread many ways. Remember to wash hands, utensils, and surfaces often while making food. Also, wash all fruits and vegetables under running water before using.

### Separate

Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat foods. This is called cross-contamination. To avoid cross-contamination, use separate cutting boards and plates. Utensils, cutting boards, and plates that touch raw foods need to be washed well with warm water and soap.

### Cook

Food is safely cooked when the inside temperature of food is high enough to kill any germs or bacteria that can make you sick. Use a food thermometer to make sure the food is safely cooked. When you are finished cooking, place the food thermometer in the thickest part of the food to take the correct temperature. **For more information on safe minimum cooking temperatures, please visit:**

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

### Cool

Bacteria that cause food poisoning grow quickest between 40°F and 140°F. This is why it is important to refrigerate or freeze foods that go bad within 2 hours of making it. Make sure your refrigerator temperature is set at 40°F or below and your freezer to 0°F or below.

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at 1-877-366-3874, visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and information.



RISNPed



URI\_Nutrition\_Ed



Community  
Nutrition  
Education RI



URI  
Nutrition

## Refrigerator Safety Tips

Did you know that the way you set up your fridge can help keep your food safe? Follow the tips below for food safety at home!



- Cool any hot items before putting them in the refrigerator. This will stop the refrigerator temperature from going up and keep food safe inside.
- Store raw meat, poultry, and seafood on the bottom shelf in tightly sealed containers. This will stop any raw food from dripping on ready-to-eat foods.
- Foods stored in the door change temperature more often than foods stored on the shelf. So, avoid putting eggs, milk and other dairy products in the door.

Adapted from  
[www.foodsafety.gov/](http://www.foodsafety.gov/)



## TECHNOLOGY SPOTLIGHT

**StillTasty**  
Your Ultimate Shelf Life Guide

Home Keep It or Toss It? Your Questions Answered Shelf Talk StillTasty in the News

### Keep It or Toss It?

How long will your favorite food or beverage stay safe and tasty? What's the best way to store it?

Get the answers for thousands of items!

Type in food or beverage name here ... or browse categories below

SEARCH

Browse Shelf Life Information By Category

**Have you ever wondered how long you can safely keep fruits and vegetables in the refrigerator?**

**StillTasty.com** is an online site that can tell you the best ways to safely store your favorite foods without losing flavor and quality. This site also offers tips on freezing and storage. Simply type the food you are wondering about into the search bar!

For instance, did you know that you can store raw eggs after they have been cracked in the freezer for 10-12 months? StillTasty.com provides tips on where to start!

## Veggie Egg Bites



**Prep time:** 5 minutes      **Serving size:** 1 egg bite  
**Cook time:** 25 minutes      **Cost:** \$4.06 per recipe,  
**Servings per recipe:** 7      \$0.58 per serving

### DIRECTIONS:

- 1) Preheat oven to 350°F. Spray a muffin pan with non stick cooking spray.
- 2) Put chopped vegetables in 7 holes of the muffin pan.
- 3) Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
- 4) Pour egg and cheese mixture over vegetables in the muffin pan and bake 25 minutes.



For a quick and easy breakfast, freeze leftover egg bites and reheat in the microwave or toaster oven for about 1 minute!



### INGREDIENTS:

- Non-stick cooking spray
- 2 cups vegetables, washed and chopped  
(for example, broccoli, zucchini, cooked potatoes, mushrooms, or onions)
- 6 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup shredded reduced fat cheddar cheese

### Freezing Safety Tips

- Label and date all products you store in your freezer. Use foods with the oldest date first.
- Freeze your items flat to reduce freezing time and prevent freezer burn from happening.
- Check for holes in trays and plastic wrap of fresh meat to avoid juices leaking. Rewrap if needed.
- If you know you will not be using raw meat in your refrigerator for awhile, store it in your freezer as soon as possible to make it last longer.





# Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

**DO**



**DON'T**

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

Choose meat, poultry, or seafood in damaged or leaking packaging

**DO**



**DON'T**

Place meat, poultry, seafood, and eggs in plastic bags at checkout

Buy eggs with cracked shells or damaged cartons

**DO**



**DON'T**

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

Remove eggs from carton or keep them in the refrigerator door

**DO**

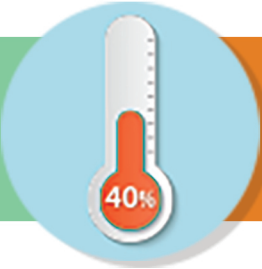


**DON'T**

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

**DO**



**DON'T**

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

Overfill the refrigerator or freezer

**DO**



**DON'T**

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

Thaw meat, poultry, or seafood on the counter



## **Additional Items to Consider Adding to an Emergency Supply Kit:**

- ☐ **Prescription medications and glasses**
- ☐ **Infant formula and diapers**
- ☐ **Pet food, water and supplies for your pet**
- ☐ **Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container**
- ☐ **Cash and change**
- ☐ **Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)**
- ☐ **Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.**
- ☐ **Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.**
- ☐ **Fire Extinguisher**
- ☐ **Matches in a waterproof container**
- ☐ **Feminine supplies, personal hygiene items and hand sanitizer**
- ☐ **Mess kits, Paper cups, plates and disposable utensils, paper towels**
- ☐ **Paper and pencil**
- ☐ **Books, games, puzzles or other activities for children**



# **Ready**

Prepare. Plan. Stay Informed.®



## **Emergency Supply List**



# **FEMA**

[www.ready.gov](http://www.ready.gov)



## **Recommended Items to Include in a Basic Emergency Supply Kit:**

- ☐ **Water and non-perishable food for several days**
- ☐ **Extra cell phone battery or charger**
- ☐ **Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries**
- ☐ **Flashlight and extra batteries**
- ☐ **First aid kit**
- ☐ **Whistle to signal for help**
- ☐ **Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- ☐ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ☐ **Non-sparking wrench or pliers to turn off utilities**
- ☐ **Can opener (if kit contains canned food)**
- ☐ **Local maps**

### **FEMA's Ready Campaign**

educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



**FEMA**

**Federal Emergency Management Agency**  
Washington, DC 20472

## EAT RIGHT WHEN MONEY'S TIGHT

*Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes*

### Shop SMARTER!

#### BEFORE Shopping

- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card** at your local supermarket.

#### PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

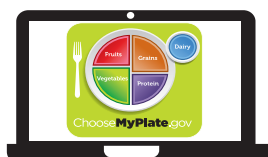
#### DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-web-sites/using-nutrition-facts-labels>.
- ▶ **Check "sell by" or "use by" dates.** Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



#### AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



#### MORE TO EXPLORE...

*MyPlate Healthy Eating on a Budget:* <http://www.choosemyplate.gov/healthy-eating-on-budget.html>  
*Basic Nutrition for Everyone:* <http://snap.nal.usda.gov/basic-nutrition-everyone>  
*What's Cooking? USDA Mixing Bowl:* <http://www.whatscooking.fns.usda.gov/>



## TIPS

## BEST BUYS FOR COST AND NUTRITION

### BREADS AND GRAINS

Choose **whole-grain breads**. Look for bargains on day-old varieties.

Buy **regular brown rice and old-fashioned oats and grits** instead of instant varieties to save money and consume less sugar, salt, and calories.

### VEGETABLES

Buy **large bags** of frozen vegetables.

When choosing **canned vegetables**, look for “low sodium” or “no added salt” on the label.

### FRUITS

Buy **fresh fruit in season** - it generally costs less.

**Frozen and canned fruits are available year round**, can save you money, and have similar nutrition values to fresh.

### LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy **low-fat or fat-free milk, yogurt, and cheese** in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

**Ultra-pasteurized milk found on store shelves** has a longer expiration date and won't spoil as fast.

### MEAT AND BEANS

**Dried beans and peas** are a good source of protein and fiber. They can last a year or more without spoiling.

**Canned tuna packed in water** is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



### Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

### USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

#### Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

#### Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5

Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

#### School Nutrition Programs

For: eligible low-income, school-aged children.

Contact your local school or school district

#### The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



### RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

# Build a Healthy Eating Routine

You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference!

**Follow these tips to build a healthy eating routine that works for you.**



## Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



**Whole fruits** — like apples, berries, grapefruit, papaya, and bananas



**Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



**Whole grains** — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



**Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



**Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



**Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you.

## Cut down on added sugars, saturated fat, and sodium

Check the Nutrition Facts label to buy foods with less of these 3 things:

- **Added sugars** are sweeteners with calories that food companies add to foods and drinks — or that you add at home. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, and candy.
- **Saturated fat** is higher in animal foods like butter, cheese, whole milk, and fatty meats like ribs and sausage. It's also in some plant foods like coconut oil and palm oil. Choose foods with unsaturated fats instead — like seafood, avocados, nuts and seeds, and olive oil.
- **Sodium** comes from salt — and most of the sodium we eat comes from packaged foods and restaurant meals. Try cooking more at home and flavoring foods with herbs and spices instead of salt.

### What about alcohol?

If you choose to drink alcohol, drink in moderation — 1 drink or less in a day for women and 2 drinks or less in a day for men. Remember, drinking **less is better** for your health. And if you're pregnant, don't drink at all — alcohol is not safe for your baby.



### Choose whole grains

Whole grains are a healthier choice than refined grains. Try:

- Whole-wheat bread instead of white bread
- Corn or whole-wheat tortillas instead of white flour tortillas
- Plain popcorn instead of corn chips

### Get a mix of veggies

Make half your plate fruits and veggies — and eat a variety of veggie types, including:

- Dark green veggies — like collards and kale
- Red and orange veggies — like tomatoes and carrots
- Beans, peas, and lentils — like black beans and chickpeas
- Starchy veggies — like potatoes and plantains
- Other veggies — like Brussels sprouts, squash, and cauliflower





# Find out how many calories you need

The number of calories you need each day depends on things like your age, weight, height, sex, and how much physical activity you get.

Use the MyPlate Plan tool to find out how many calories you need — and the amount of food you need from each food group: [MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/MyPlate-Plan)



## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Check the label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- Serving size — if you eat more than 1 serving, you'll get more of everything on the label
- Calories — keep in mind how many calories you need each day, and how many are in 1 serving

Then look at the % Daily Values:

- 5% or less is **low** — try to choose foods low in added sugars, saturated fat, and sodium
- 20% or more is **high** — try to choose foods high in fiber, calcium, potassium, iron, and vitamin D



## What about taking supplements?

Most people can get all the nutrients they need from food, but you might need to take a vitamin or another supplement. For example, some people don't get enough vitamin D from food and sunlight.

Talk with your doctor **before** you start taking any supplements.



## Make healthy eating work for your schedule — and your budget

- Too busy to cook? Try planning and prepping meals ahead of time. Making a big batch of soup or chopping a bunch of veggies on the weekend can save time during the week.
- Worried about cost? Try buying fruits and veggies that are in season — and remember that fresh, frozen, and canned options all count. If you can't afford enough healthy food, check out programs that can help at [USA.gov/Food-Help](https://www.usa.gov/food-help).

Not sure where to start? **Try cooking a healthy dinner just once a week.** Cooking more at home is a great way to start making healthier choices.



## Remember, it's never too late to start eating healthy

Healthy eating can lower your risk of health problems like:

- Overweight and obesity
- Heart disease
- Type 2 diabetes
- Some cancers

And there's no one "right" way to do it! You can find an eating routine that works for you, no matter your age, income, lifestyle, culture, or tastes.

So **start simple** — make a small change in your eating routine today.

- Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
- Find more healthy eating tips and recipes at [MyPlate.gov](https://www.myplate.gov)



### Eating Out and Eating Healthy – Just Got Easier

In today's busy world, Americans eat and drink about one-third of their calories from foods prepared away from home. In general, these foods provide more calories, sodium, and saturated fat than meals consumed at home. For the average adult, eating one meal away from home each week translates to roughly 2 extra pounds each year. Over the course of 5 years, that's 10 extra pounds.

Calorie labeling on menus can help you make informed and healthful decisions about meals and snacks. So, beginning May 7, 2018, calories have been listed on many menus and menu boards of restaurants and other food establishments that are part of a chain of 20 or more locations. This will help you know your options and make it easier to eat healthy when eating out.

**Here are 3 steps for making dining out choices that are healthy and delicious:**



### 1. Find Out Your Calorie Needs

Knowing your calorie needs is important to managing your daily food and beverage choices. You can use 2,000 calories a day as a guide, but your calorie needs may vary based on your age, sex, and physical activity level. To find out **your** specific calorie needs, use the Estimated Calorie Needs table at [www.fda.gov/caloriesonthemenu](http://www.fda.gov/caloriesonthemenu).



### 2. Look for Calorie and Nutrition Information

You may have noticed calorie information on some menus or menu boards. Or maybe you have seen nutrition information on restaurant websites or on phone apps. This information can help you make informed and healthful meal and snack choices.

#### Where will I see the calories?

Calories are listed next to the name or price of the food or beverage on menus and menu boards, including drive-thru windows, and may be at the following types of chains:

- Chain restaurants
- Chain coffee shops
- Bakeries
- Ice cream shops
- Self-service food locations, such as buffets and salad bars
- Movie theaters
- Amusement parks
- Grocery/convenience stores

#### Where will I NOT see calorie information?

- Foods sold at deli counters and typically intended for further preparation
- Foods purchased in bulk in grocery stores, such as loaves of bread from the bakery section
- Bottles of liquor displayed behind a bar
- Food in transportation vehicles, such as food trucks, airplanes, and trains
- Food on menus in elementary, middle, and high schools that are part of U.S. Department of Agriculture's National School Lunch Program
- Restaurants and other establishments that are not part of a chain of 20 or more



### What about meals with multiple options?

When a menu item is available in different flavors or varieties (for example, vanilla and chocolate ice cream), or includes an entrée with your choice of side items, such as a sandwich that comes with either chips, side salad, or fruit, the calorie amounts will be shown as follows:

#### Two Choices

Calories are separated by a slash  
(for example 250/350 calories)

#### Three or More Choices

Calories are shown in a range  
(for example 150-300 calories)

### Will information about other nutrients also be available?

In addition to calorie information, covered establishments are also required to provide written nutrition information such as saturated fat, sodium, and dietary fiber to consumers upon request. So, when eating out, don't hesitate to ask for more nutrition information if you need it.

## 3. Make the Best Choice for You

Eating healthy comes down to personal choices. Try these tips to help you make the best choices for you and your family.



**Comparing calorie and nutrition information** can help you make better decisions before you order.



**Side dishes** can add many calories to a meal. Steamed, grilled, or broiled vegetables and fruit are often lower-calorie options. With calorie information, you can make the best choice for you.



Calorie information can help you decide **how much to enjoy now** and how much to save for later.



Asking for sauces or salad dressings **on the side** lets you choose how much to use.



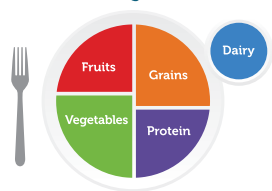
Foods described with words like creamy, fried, breaded, battered, or buttered are typically **higher in calories** than foods described as baked, roasted, steamed, grilled, or broiled. Use calorie information to help you make the choice that is right for you.



**Calories from beverages** can add up quickly. With calorie information, you can find lower-calorie options.

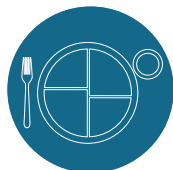


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# Healthy Food Prep

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



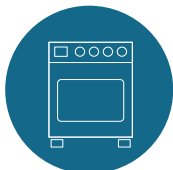
## Think balance

Include a variety of delicious foods from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—when making meals.



## Chop fresh produce in advance

Cut up fresh fruits like melons and pineapples, and veggies like carrots and broccoli, when you have a few minutes. Store them in the fridge for meals and snacks.



## Bake, grill, broil, or roast

Limit frying—especially deep frying—to reduce saturated fat and calories in the dishes you make. Most recipes can be adapted for healthier cooking methods.



## Sweeten foods with fruit

Mix fruit into plain yogurt, cooked oatmeal, and smoothies to sweeten without adding sugar. Or, use that plain yogurt, uncooked oats, and fruit for some overnight oats.



## Find more flavor

Add a squeeze of lemon or lime juice to cooked vegetables and meat, chicken, or fish. Experiment with low-salt herbs and spices.



## Read food labels

Use the [Nutrition Facts label](#) to find out how much added sugars, saturated fat, and sodium (salt) are in the packaged foods you eat. Adjust your cooking methods and other ingredients accordingly.



Dietary  
Guidelines  
for Americans

Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.  
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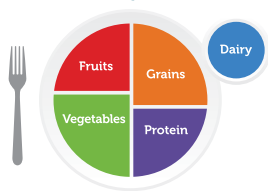
**The benefits of healthy eating  
add up over time, bite by bite.**

FNS-905-27  
March 2022





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# Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



## Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



## Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



## Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



## Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



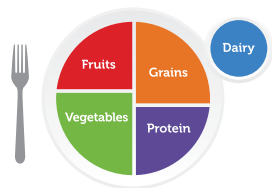
## Keep food safe

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



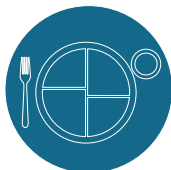


## Start simple with MyPlate



# Healthy Eating for Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Eat a healthy diet

Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives are healthy choices. Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.



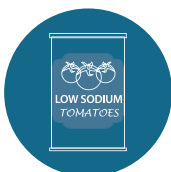
### Enjoy fruits and vegetables

No matter your age, fruits and veggies provide key nutrients and dietary fiber. Their colors, flavors, and textures make meals more enjoyable.



### Be mindful of your nutrient needs

Focus on dietary changes that increase your dietary fiber, calcium, and vitamin D, and decrease added sugars, saturated fat, and sodium. Make the best choice for your needs by comparing nutrition and ingredients information by reading the [Nutrition Facts label](#).



### Go easy on the salt

Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the salt shaker at the table.



### Shift your sweet tooth

Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.



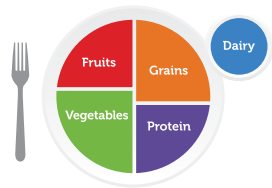
### Strive for a healthy weight

Make food and beverage choices from all five food groups to achieve or maintain a healthy weight. Get the [MyPlate Plan](#) to find out what is right just for you.





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## Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



### Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



### Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



### Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



### Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



### Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



Dietary  
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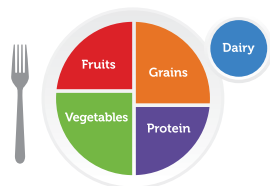
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FNS-905-23  
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## Start simple with MyPlate



# Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



### Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



### Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



### Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



### Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



### Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.







# Food Hero for Older Adults

## Focus on Vitamin B12



Vitamin B12 helps keep our nerve and blood cells healthy.

B12 is found naturally in animal foods such as meats, poultry, fish, eggs and dairy products.

Some foods, such as breakfast cereals and nutritional yeast, are fortified with added B12.

The recommended daily intake of B12 is 2.4 micrograms (mcg).

Older adults and others at risk for low B12 should include B12-fortified foods to be sure they get enough.

## High Protein Banana Split

**Makes** 2 servings

**Prep time:** 10 minutes

### Ingredients

- 1 **banana**, cut in half crosswise and again lengthwise
- 1 cup **Greek yogurt** (plain or flavored)
- 1 cup whole-grain fortified **cereal** (check the Nutrition Facts label)
- 1 teaspoon **honey** (optional)
- ¼ cup sliced **strawberries** (fresh or frozen)
- ¼ cup canned **pineapple** pieces (fresh or canned in 100% juice and drained)

### Directions

1. Place 2 pieces of banana next to each other in each of 2 cereal bowls.
2. Over the banana in each cereal bowl, spoon half the yogurt and sprinkle half the cereal. Drizzle with honey, if desired.
3. Top with fruit and serve.
4. Refrigerate leftovers within 2 hours.

### Notes

- Try with any fruit, such as blueberries and sliced peaches.
- Look at a cereal's Nutrition Facts label to see if it is fortified with added nutrients such as B12.

**Aging and Vitamin B12** Most people get enough vitamin B12 in the food they eat, but starting around age 50, our stomach produces less of the acid and enzymes that help us absorb the B12 in animal foods. The B12 added to fortified foods is easier to absorb. Extra B12 is not considered harmful, but talk to a healthcare provider if you have questions about how much you are getting.



## Nutrition Facts

2 servings per container

**Serving size** 1/2 banana (222g)

**Amount per Serving**

**Calories** **190**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 110mg **5%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vitamin D 0mcg **0%**

Calcium 190mg **15%**

Iron 5mg **30%**

Potassium 491mg **10%**

Vitamin A 142mcg **16%**

Vitamin C 22mg **24%**

**Vitamin B12** 1.8mcg **75%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Classics Stay Strong

Symptoms of low vitamin B12 include weakness, tingling and numbness in the hands and feet, balance problems, memory loss and depression.

Causes of low B12 include eating little or no animal foods, low stomach acid from aging or medications, and medical conditions affecting the stomach and small intestine.

Talk with your healthcare provider if you have concerns about low vitamin B12.

Look at the Nutrition Facts labels on fortified foods for the mcg and percent Daily Value (%DV) of vitamin B12.

## Tuna Veggie Melt

**Makes** 3 servings **Prep time:** 15 minutes

**Cook time:** 5 minutes

### Ingredients

- 1 can (5 ounces) **tuna** in water, drained
- ¼ cup chopped **celery**
- 1 **green onion**, sliced
- ½ cup grated **carrot**
- 1 Tablespoon **mayonnaise**
- ¼ teaspoon **pepper**
- 3 whole-wheat **English muffins**
- ½ cup (2 ounces) grated **cheddar cheese**

### Directions

1. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and grated cheese.
3. Broil until cheese melts, about 3 minutes.
4. Refrigerate leftovers within 2 hours.

### Notes

- Use other chopped vegetables such as bell pepper or zucchini.
- Add 1 Tablespoon fortified nutritional yeast for a boost of vitamin B12 and a cheesy, savory flavor.
- Make one serving at a time; store extra tuna mixture in the refrigerator.



**Fortified nutritional yeast** is a food product that is often fortified with vitamin B12. Sprinkle it on popcorn or rice and beans, or stir it into soup or tuna salad for a savory, cheesy flavor and a boost of vitamin B12. Look for it in the spice or bulk area of your grocery store.



## Nutrition Facts

3 servings per container

**Serving size** 2 muffin halves (174g)

**Amount per Serving**

**Calories** **300**

% Daily Value\*

**Total Fat** 12g **15 %**

Saturated Fat 4.5g **23 %**

Trans Fat 0g

**Cholesterol** 35mg **12 %**

**Sodium** 570mg **24 %**

**Total Carbohydrate** 30g **11 %**

Dietary Fiber 5g **18 %**

Total Sugars 7g

Includes 0g Added Sugars **0 %**

**Protein** 20g

Vitamin D 1mcg **6 %**

Calcium 325mg **25 %**

Iron 2mg **10 %**

Potassium 348mg **8 %**

Vitamin A 145mcg **16 %**

Vitamin C 2mg **2 %**

Vitamin B12 0.5mcg **22 %**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# Food Hero for Older Adults

## Focus on Protein



Protein provides the building blocks to stay strong and live long.

Enjoy this chowder with whole grain bread for more protein and fiber.

This recipe can be made with canned chicken, salmon or tuna.

You can make a salad, stir-fry or soup with leftover chicken.

Save time and avoid waste: freeze extra chopped onion for use in other recipes.

## Chicken Chowder for Two

**Makes** 2 servings

**Prep time:** 15 minutes

**Cook time:** 35-40 minutes

### Ingredients

- 2 teaspoons **vegetable oil**
- ½ cup chopped **onion**
- ½ cup diced or grated **carrot**
- 2½ cups low-sodium **chicken broth**
- 1 cup diced **potato** (fresh or frozen)
- ½ teaspoon **thyme**
- ½ teaspoon **garlic powder**
- ¼ teaspoon **salt**
- ½ cup (4 ounces) cooked and diced **chicken**
- ½ cup low-fat or nonfat **milk**
- 1 tablespoon **all-purpose flour**
- ¼ teaspoon red wine **vinegar** (optional)
- pepper** to taste (optional)

### Directions

1. In a medium saucepan, saute onion and carrot on medium heat until softened, about 3 minutes.
2. Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
3. While potatoes are cooking, stir flour and milk together in a small dish.
4. Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
5. Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
6. Before serving, add vinegar and pepper, if desired.
7. Refrigerate leftovers within 2 hours.



### Nutrition Facts

2 servings per container

**Serving size** 1 1/2 cup (434g)

**Amount per Serving**

**Calories** **260**

% Daily Value\*

**Total Fat** 8g **10 %**

Saturated Fat 1.5g **8 %**

Trans Fat 0g

**Cholesterol** 35mg **12 %**

**Sodium** 430mg **19 %**

**Total Carbohydrate** 29g **11 %**

Dietary Fiber 3g **11 %**

Total Sugars 7g

Includes 0g Added Sugars **0 %**

**Protein** 19g

Vitamin D 1mcg **6 %**

Calcium 125mg **10 %**

Iron 2mg **10 %**

Potassium 832mg **20 %**

Vitamin A 306mcg **34 %**

Vitamin C 20mg **22 %**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Try this:** Substitute the diced carrot with any combination of carrot, celery, pepper or leek. Substitute other vegetables such as corn or broccoli for half of the potatoes.

# Classics Stay Strong

Eggs are easy to fix and are a good buy for their protein, vitamins D and B12, choline, zinc and more.

Regular exercise and eating enough protein at each meal can slow the muscle loss of aging.

Nutrition Facts labels show the amount of protein in grams (g) of one serving. Aim for 20 to 30 grams protein at each meal.

Dry milk can boost protein in everyday foods: just 2 Tablespoons adds 3 grams. Try in soup, smoothies and overnight oats.

Make snacks count! Snacks with protein include peanut butter, tuna salad, hard-cooked eggs, cottage cheese, hummus and yogurt.

## Veggie Omelet in a Mug

**Makes** 1 serving **Prep time:** 10 minutes

**Cook time:** 3 minutes

### Ingredients

- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- $\frac{1}{16}$  teaspoon salt (a dash)
- $\frac{1}{16}$  teaspoon pepper (a dash)
- $\frac{1}{4}$  cup finely chopped vegetables (fresh, frozen, canned or leftover)
- 2 Tablespoons grated cheese

### Directions

1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.
3. Microwave on HIGH for 45 seconds and then stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

### Notes

- Enjoy with a slice of whole grain toast and a serving of fruit for any meal.



## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 omelet (169g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 390mg	<b>130%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 2mcg	<b>10%</b>
Calcium 203mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 247mg	<b>6%</b>
Vitamin A 242mcg	<b>27%</b>
Vitamin C 3mg	<b>3%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Overnight Oats for One

In a small bowl or 12-ounce mug, mix  $\frac{1}{3}$  cup oats,  $\frac{1}{3}$  cup yogurt,  $\frac{1}{3}$  cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add  $\frac{1}{2}$  cup bite-size fruit now or add just before eating. Cover and refrigerate oatmeal mixture for 6 to 12 hours.

**Nutrition Facts per serving:** 290 calories, 5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 150 mg sodium, 46 g total carbohydrate, 5 g fiber, **15 g protein**, 0 g added sugar, 388 mg calcium (30% DV), 2 mg iron (10% DV), 604 mg potassium (15% DV)







# Food Hero for Older Adults

## Focus on Fats



Everyday aerobic activities – such as walking or dancing – can also help you manage or prevent heart disease.

The fat in food helps your body absorb vitamins A, D, E and K, which are important for healthy aging.

The unsaturated fats in fish include heart-healthy omega-3s. Eat 4 ounces of fish twice a week.

Examples of lean meats are pork loin, beef round and 90% lean ground beef, pork and turkey.

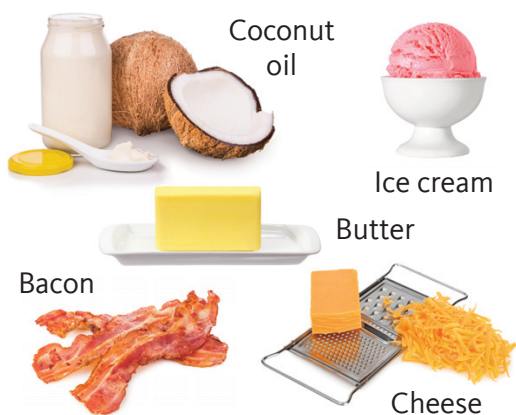
Enjoy a variety of foods from all groups and make them a part of your everyday routine.

**Choose meals and snacks with less saturated fat to help lower your risk for heart disease.**

**Instead of saturated fat → choose unsaturated fat**

### Saturated fat

is found in animal foods such as high-fat meats and full-fat dairy products. It is also in coconut, coconut oil, palm and palm kernel oil.



### Unsaturated fat

is found in plant foods such as nuts, seeds, avocado, tofu, mayonnaise and liquid vegetable oils. It is also in fish, such as tuna, salmon, mackerel and sardines.



### Tips for eating less saturated fat:

- Check the Nutrition Facts label on packaged foods. Aim for less than 20 grams of saturated fat each day.
- Choose lean proteins more often, such as beans and peas, tofu, poultry, fish and lean meats.
- Go light with cheese on pizza and sandwiches.
- Choose sweets like ice cream and brownies less often.
- Try a spread of nut butter, mayonnaise or avocado instead of butter or cream cheese.

Nutrition Facts	
1 servings per container	
Serving size	1 sandwich (128g)
Amount per Serving	
<b>Calories</b>	<b>400</b>
% Daily Value*	
<b>Total Fat</b> 26g	33 %
Saturated Fat 10g	50 %
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40 %
<b>Sodium</b> 610mg	27 %
<b>Total Carbohydrate</b> 29g	11 %
Dietary Fiber 2g	7 %
Total Sugars 5g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 13g	



# Classics Stay Strong

Use liquid oil or soft margarine instead of butter or stick margarine when preparing foods.

Vegetable oils made of mostly unsaturated fat include canola, corn, sesame, soybean and olive.

Eggs are a healthy protein food. They are budget-friendly and easy to cook.

Remove skin from chicken or turkey and trim extra fat from meat.

Choose low-fat milk and yogurt and part-skim cheese such as mozzarella and cotija.



## Nutrition Facts

4 servings per container	
Serving size	1/2 cup (144g)
Amount per Serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 3mg	15%
Potassium 354mg	8%
Vitamin A 49mcg	5%
Vitamin C 18mg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Lentil Taco Filling

Lentils provide protein and fiber and are easy to cook. Enjoy in tacos, wraps or salads.

**Makes** 2 cups **Prep time:** 30 minutes

**Cook time:** 30 minutes

2 teaspoons **vegetable oil**

½ cup chopped **onion**

½ cup chopped **bell pepper** (any color)

1 clove **garlic**, minced or ¼ teaspoon garlic powder

½ cup dried **lentils**, rinsed

4 ½ teaspoons **chili powder**

1 teaspoon **cumin**

½ teaspoon **oregano** (optional)

1 ¼ cups low-sodium **broth** (any flavor)

½ teaspoon **salt** (optional)

### Directions

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, about 20 to 30 minutes. Add water, if needed, to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
6. Refrigerate or freeze leftovers within 2 hours.

### Note

Lentils come in different shapes and sizes and have different cooking times. Check the package or bulk bin for how long to cook the type you buy. Our photo shows green lentils.

### Adding Calories with Fat

- Health and dental conditions that come with aging can make it hard to eat enough calories to maintain muscle strength and body weight.
- Including more unsaturated fat is a helpful and healthy way to add calories.
  - Add nut butter or tofu to smoothies.
  - Drizzle extra oil on salads and vegetables.
  - Add extra mayonnaise to tuna or chicken salad.
  - Add chopped nuts to hot cereal, muffins and salads.





# Food Hero for Older Adults

*Focus on Calcium and Vitamin D*



To get enough calcium each day, turn to foods before supplements.

Kale, bok choy, collards and mustard and turnip greens provide calcium that is well absorbed by the body.

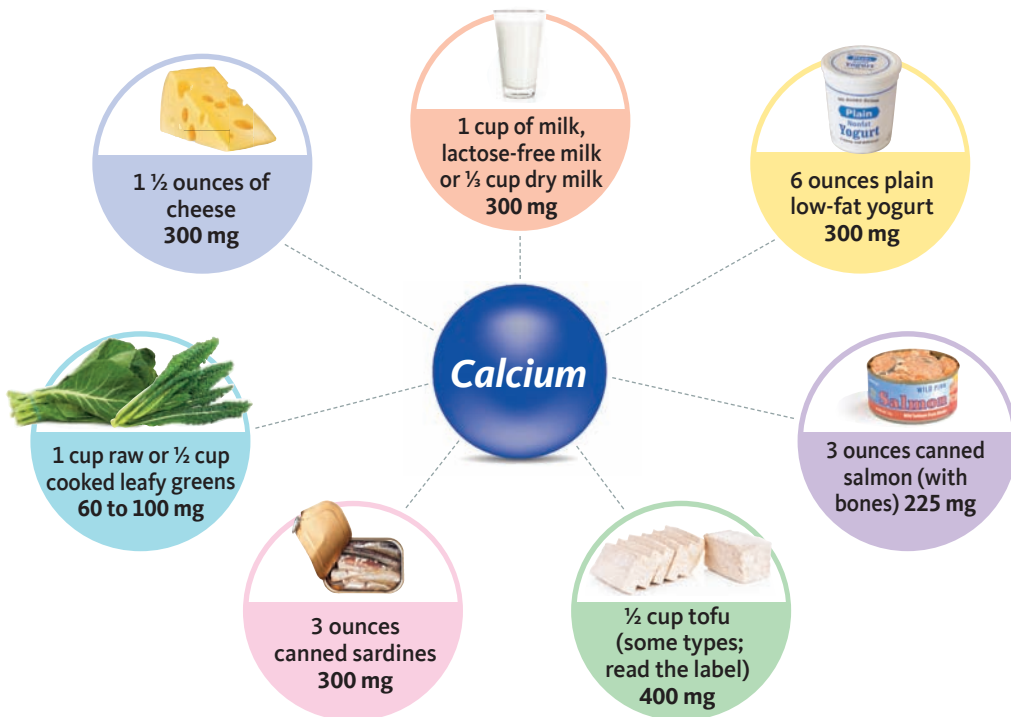


Fortified foods such as cereal, plant milks and orange juice also provide calcium and vitamin D. Read each label for the amount in a serving.

Vitamin D is in a few foods and our skin can make it using the energy from sunlight. If you do not get enough, you may need a supplement.

Before adding supplements, talk to a healthcare provider to know what is right for you; too much can be harmful.

*Calcium, vitamin D and physical activity work together to support healthy bones and muscles*

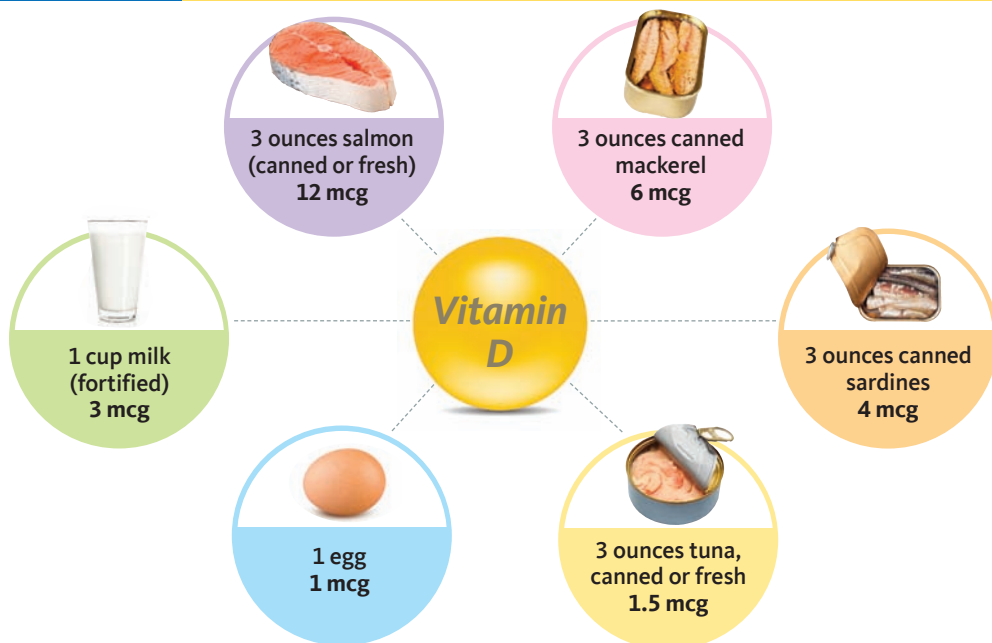


**How much calcium and vitamin D do you need each day?**

**Women** over age 50: aim for 1,200 milligrams (mg) of calcium.

**Men** age 50 to 70: aim for 1,000 milligrams (mg) of calcium.

**All adults at age 70:** increase vitamin D from 15 mcg to 20 mcg.



# Classics Stay Strong

Make this a meal with a whole grain roll and roasted vegetables or a fruit salad.

If you have lactose intolerance, try lactose-free milk, fortified plant milk and easier-to-digest dairy such as hard cheeses and yogurt.

Ultra-filtered milk is dairy milk with lactose removed, which makes it higher in protein and lower in carbohydrate.

Nutrition Facts labels show the amount of calcium in milligrams (mg) and of vitamin D in micrograms (mcg) of one serving.

The unit of measurement for vitamin D has been updated from international units (IU) to micrograms (mcg). 40 IUs = 1 mcg



Nutrition Facts		
4 servings per container		
Serving size	1 patty (137g)	
Amount per Serving		
<b>Calories</b>	<b>170</b>	
	% Daily Value*	
<b>Total Fat</b> 7g		9%
Saturated Fat 1.5g		8%
Trans Fat 0g		
<b>Cholesterol</b> 105mg		35%
<b>Sodium</b> 370mg		16%
<b>Total Carbohydrate</b> 6g		2%
Dietary Fiber 1g		4%
Total Sugars 2g		
Includes 0g Added Sugars		0%
<b>Protein</b> 20g		
Vitamin D 12mcg		60%
Calcium 249mg		20%
Iron 1mg		6%
Potassium 373mg		8%
Vitamin A 127mcg		14%
Vitamin C 3mg		4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Salmon Patties

Makes 4 (4-inch) patties

Prep time: 10 minutes

Cook time: 10 minutes

### Ingredients

- 1 can (14.5 ounces) **salmon** with bones, drained
- 1 slice of **bread**, torn into small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup minced **celery**
- ½ cup minced or grated **carrot**
- ½ cup minced **onion**

### Directions

1. In a medium bowl, break up the salmon and mash the bones with a fork. Remove the salmon skin if desired.
2. Add the rest of the ingredients and mix well.
3. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and place it over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

### Notes

- Try canned tuna or mackerel instead of salmon.
- Use ¼ cup dry bread crumbs instead of sliced bread
- Make your own bread crumbs from stale bread.

## Low-Fat Tartar Sauce

In a small bowl, combine 1/2 cup low-fat **plain yogurt**, 1 Tablespoon **pickle relish**, 2 teaspoons **dried minced onion**, 1 teaspoon **dried parsley flakes**, 1 teaspoon mustard and 2 drops **hot pepper sauce** (optional). Serve right ahead or cover and refrigerate until used. **Makes** 1/2 cup

**Nutrition Facts** for a 2 Tablespoon serving: 20 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 3 g total carbohydrate, 0 g fiber, 2 g protein, 0 mcg **vitamin D**, 59 mg **calcium** (4% DV), 0 mg iron, 82 mg potassium (2% DV)





# Food Hero for Older Adults

## Focus on Flexibility



Loss of flexibility is a normal part of aging, but it can be improved with regular stretching.

Stretching exercises can be done almost anywhere and anytime.

Be flexible with fresh, frozen and canned fruits and vegetables. All can be healthy!

Try making meals ahead and freezing them in single-serving sizes to save time and energy.

Herbs and spices add flavor and color to food without adding extra salt, sugar and fat.

**Flexibility** allows your joints to move through their full range of motion without discomfort. Stretching exercises can increase flexibility. Examples include:



**Daily Activity**



**Being Physically Active**



**Yoga or Tai Chi**



**Stretches Before and After Exercise**

### Benefits of Flexibility

- Improves blood flow to your organs and body parts.
- Helps with your posture, balance and muscle strength.
- Helps you move with ease for daily tasks and reduces chronic joint and muscle pain.
- Helps reduce your risk of strains and injuries from falls.

### Add flexibility to your meals

Enjoy being flexible with your food choices and how you prepare them. Go to [FoodHero.org](https://FoodHero.org) for easy, tasty recipes such as My Personal Pizza.

#### Ingredients

- 1 **English muffin** (try whole grain)
- 3 Tablespoons **tomato sauce** or bean dip
- 2 Tablespoons grated **cheese**
- ½ cup chopped **vegetables, fruit** or **cooked meat** (try a combination)

**Directions:** Preheat oven to 400 degrees F. Lightly toast English muffin halves. Spread half the sauce on each muffin half. Add cheese and toppings of your choice. Bake for 5 to 7 minutes until cheese is melted and lightly browned.



# Classics Stay Strong

Use **dynamic stretches**, such as shoulder stretches, before physical activity to help you warm up.

Use **static stretches**, such as a hamstring stretch, after physical activity when your muscles are warm.

Many stretches can work for different abilities by using a chair, step or towel.

Stretch all muscles and body parts, such as your ankles, legs, hips, wrists, arms, shoulders and neck.

Talk to your healthcare provider if you have questions about doing flexibility exercises.

## Types of Everyday Stretches

### Dynamic stretches

allow your muscles to loosen up gradually. Do a stretch for a few seconds and repeat it 8 to 12 times.

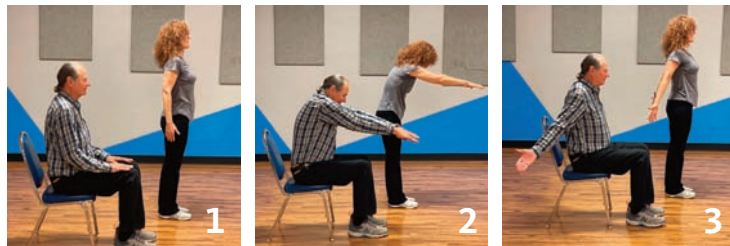
#### Neck - Sit or Stand



#### Shoulder - Sit or Stand



#### Back and Chest - Sit or Stand



**Static stretches** allow your muscles to stretch longer. Hold a stretch for at least 30 seconds. Based on your comfort level, choose a standing, seated or floor position.

#### Hamstring - Sit or Stand



#### Calf - Stand



#### Quad and Hip Flexor - Sit



## Tips

- Stretch gradually to let your joints and muscles adjust without pain.
- Breathe normally while stretching; avoid holding your breath.
- Stretch until you feel mild tension but not until you feel pain.
- Do not bounce while stretching because it increases your chance of injury.

### Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of **moderate intensity** activity.
- At least **2 days a week** of activities that **strengthen muscles**.
- Include activities that **improve balance**, such as standing on one foot.





# Food Hero for Older Adults

## Focus on Strength



Muscle loss is a normal part of aging that can be slowed with regular exercise and healthy foods.

Protein foods work with strength-building exercise to slow the muscle loss of aging.

Beans, lentils and split peas are fiber-rich protein foods that go well in chili or stews.

Canned tuna, salmon, shrimp and mackerel are protein foods that store well and are quick to prepare.

Calcium-rich foods, like dairy products, tofu and some leafy greens, support healthy bones and muscles.

**Muscle-strengthening activities** build strength by making your muscles work more than they usually do. They are also called weight training or resistance activities. Examples include:



**Body weight exercises**



**Free weight or weight machine exercises**



**Resistance band exercises**



**Daily activities**

### Benefits of Muscle-strengthening Activities

- Make your everyday tasks easier with strong muscles and joints.
- Reduce your risk of falls and injury with better balance and coordination.
- Strengthen your bones and reduce your risk of osteoporosis.
- Improve your sleep, mood and confidence.
- Prevent chronic disease or ease your symptoms.

**Strengthen your plate** Try this easy and flexible meal idea:

1 cup **cooked meat, beans, eggs or tofu** + 1 cup **bite-sized cooked vegetables** + 1 cup **cooked whole grains**

Mix together and divide between 2 bowls. Season to taste and top with salsa, shredded cheese or plain yogurt.

Go to **FoodHero.org** for easy, tasty recipes such as Rice Bowl Southwestern Style



# Classics Stay Strong

Talk to your healthcare provider if you have concerns about your ability to do muscle-strengthening exercises.

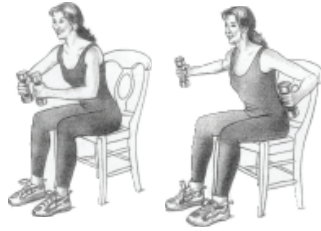
Remember to warm up before and cool down after activity.

Stay hydrated while moving your body! Have water nearby during exercise.

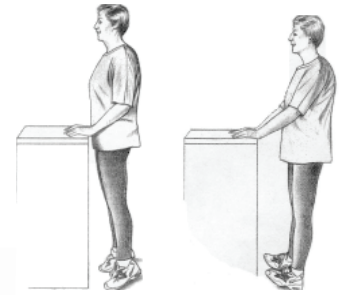
Being active with others can be fun, motivating and increase safety.

Make your own free weights with canned goods, water-filled bottles, or bags of rice or sand.

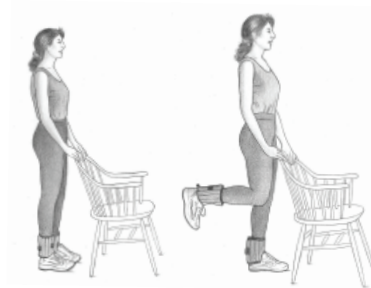
## Examples of Strength Exercises



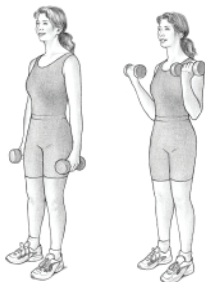
**Bent Forward Fly**



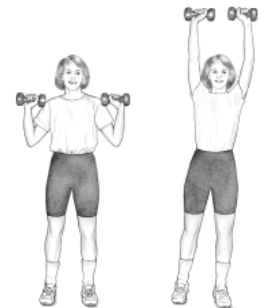
**Standing Calf and Toe Raise**



**Standing Leg Curl**



**Biceps Curl**



**Overhead Press**



**Wide Leg Squat**

Illustrations from The StrongPeople™ Program

### Tips

- Have a chair nearby for balance or to rest if needed. Many exercises can be done seated.
- A repetition (rep) is one completion of an exercise, such as one leg lift.
- A set is a series of reps done one after the next. For example, 6 leg lifts can be one set of leg lifts.
- Start with 2 sets of 6 reps of each exercise. Rest for 30 to 60 seconds between each set.
- As an exercise becomes easier, you can gradually add reps, sets or weight to make your muscles work more.
- Include exercises for all muscle groups: the legs, hips, back, chest, abdomen, shoulders and arms.

### Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of **moderate intensity** activity.
- At least **2 days a week** of activities that **strengthen muscles**.
- Include activities that **improve balance**, such as standing on one foot.





# Food Hero for Older Adults

*Focus on a Healthy Plate*



*A healthy eating routine is important at every age and stage of life.  
Make every bite count with foods that are full of nutrients.*



**Choose from options in each food group to create meals and snacks.  
Go to [FoodHero.org](http://FoodHero.org) for easy, tasty recipes.**



**Whole-wheat Toast**  
(Grains)



**Coffee or Tea**  
**Veggie Omelet in a Mug**  
(Protein, Vegetables)

**Baked Meatballs**  
(Protein, Dairy, Vegetables, Grains)



**Broccoli Cheddar Soup**  
(Protein, Dairy, Vegetables)



**Water**



**Whole-wheat Roll**  
(Grains)



**Yogurt with Berries**  
(Dairy, Fruit)



**Green Beans**  
(Vegetables)



**Milk**  
(Dairy)  
**Bulgur Pilaf**  
(Vegetables, Grains)



**Microwave Applesauce**  
(Fruit)



**Bread Pudding in the Microwave**  
(Protein, Dairy, Fruit, Grains)



## Classics Stay Strong

Focus on nutrients of importance to older adults, including protein, potassium, calcium, vitamins D and B12, and fiber.

When possible, choose foods with little to no added sugar, saturated fat and sodium.

You may not always feel thirsty when your body needs fluid, so drink beverages, like water or flavored water, throughout the day.



Nutrition Facts	
4 servings per container	
Serving size	1 cup (308g)
Amount per Serving	
<b>Calories</b>	<b>180</b>
	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 1mcg	6%
Calcium 217mg	15%
Iron 1mg	6%
Potassium 481mg	10%
Vitamin A 367mcg	41%
Vitamin C 38mg	42%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Broccoli Cheddar Soup

**Makes 4 cups** **Prep time:** 10 minutes

**Cook time:** 15 minutes

### Ingredients

- 1 cup chopped **onion**
- 1 cup shredded **carrot**
- 1½ teaspoons **margarine** or **butter**
- 2 cups low-sodium **broth** (any type)
- 2 cups chopped **broccoli** (fresh or frozen)
- 1 cup nonfat or 1% **milk**
- ¼ cup **flour** or 2 Tablespoons cornstarch
- ½ cup shredded **cheddar cheese** (2 ounces)
- ⅛ teaspoon **pepper**

### Directions

1. Wash hands with soap and water.
2. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
4. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
5. Refrigerate leftovers within 2 hours

### Notes

- No broccoli? Try other vegetables, such as asparagus, cauliflower or green beans.
- Try adding cooked or canned chicken for more protein.

## Pair Physical Activity with your Healthy Plate

Regular physical activity can help you stay strong and independent. Find ways to be active that work for you.

- Aim for at least **150 minutes of moderate intensity activity each week**. Any activity that gets your heart beating faster counts.
- Aim to do **muscle-strengthening activities at least 2 days each week**. These are activities that make your muscles work harder than normal.
- Include **balance and flexibility exercises each week**, like stretching and standing on one foot, to help reduce your risk of falling.







Give Them More  
— of the —  
Good Stuff!

# Salad Greens Basics

## Shop and Save

- Look for leaves that are fresh and show no signs of wilting or spoiling.
- Buy an amount that you can use within about a week. Bags or containers usually have a "BEST if used by" date.
- Whole heads of lettuce might cost less than containers of ready-to-eat greens and salad kits.
- Containers of mixed greens can provide a variety of different greens in smaller amounts.
- Check a farmers market or farm stand for a variety of local fresh greens in season.

Salad greens are an excellent source of vitamin K, which helps stop bleeding.



## Common Salad Greens

Try a mix for variety of flavor, texture and color. Darker color greens have more nutrients.

**Leaf lettuce (green or red)** - tender, ruffled leaves with a crunchy center stem; mild flavor.



**Romaine or Cos** - large, smooth, oval leaves with a thick crunchy center rib; more crisp than leaf lettuces; mild flavor.



**Butterhead** - soft, tender cupped leaves; sweet, mild flavor.



**Iceberg** - crisp pale green leaves; mild flavor and crunchy texture.



**Spinach and Kale** - **✓Darkest green of all types!** Baby leaves are tender. Mature leaves have more fiber and stiff stems. Soften mature kale leaves by cutting into small pieces or rubbing with your fingers and a small amount of dressing just until the leaves start to wilt.

## Store Well Waste Less

- Greens are best when refrigerated with a little moisture and airflow. Cover greens with a damp paper towel in an open container or make holes in a plastic bag (20 holes in a medium bag). Some greens are sold in plastic boxes with holes. Use greens within 7 to 10 days for best quality.

- Some greens are labeled "washed" or "ready-to-eat." If greens are not pre-washed, separate leaves and swish in a container of cold water. Lift out of the water and repeat in clean water until no grit collects on the bottom of the container. Drain until just damp or gently pat with a towel. Avoid bruising the leaves.
- Green salads can be made as early as a day before serving. Add the dressing just before serving to keep the greens more crisp.



# Serving Up Salad Greens

## Honey Mustard Dressing

### Ingredients:

½ cup low-fat plain **yogurt**  
3 tablespoons nonfat or 1% **milk**  
1 tablespoon **honey**  
2 teaspoons **mustard**

### Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
2. Refrigerate leftovers within 2 hours.

### Notes:

For a stronger flavor, add an extra 1 to 2 teaspoons mustard.

This recipe works with all types of mustard! Honey is not recommended for children under 1 year old.

## Create a Salad

- 1 **Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
- 2 **Add Some Color**—Vegetables or fruit (fresh, canned, or dried).

Peas	Carrots	Tomatoes	Oranges
Broccoli	Peppers	Berries	Cranberries
- 3 **Pick a Low-Fat Protein**—It helps you feel full.

Egg	Tuna or salmon	Tofu
Beans - cooked or canned (drained)	Cooked meats	
- 4 **Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

**Use Toppings Sparingly**—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

Go to  
**FoodHero.org**  
for easy, tasty  
salad recipes

## Ranch Dressing

### Ingredients:

¼ cup low-fat **mayonnaise**  
½ cup low-fat **buttermilk**  
1 teaspoon **dried parsley**  
½ teaspoon **garlic powder**  
½ teaspoon **onion powder**  
¼ teaspoon **salt**  
¼ teaspoon **pepper**

### Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

### Notes:

For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.



**Kids  
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ swish greens in a bowl of water to remove dirt.
- ❁ peel or cut fruit or veggies.
- ❁ measure and stir ingredients for salad dressings.