

Make Smart Food Choices for Healthy Aging



It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Fruits



Vegetables



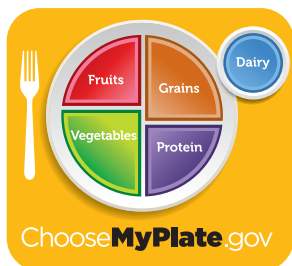
Grains



Protein



Dairy



Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



Water flavored with fruits or vegetables

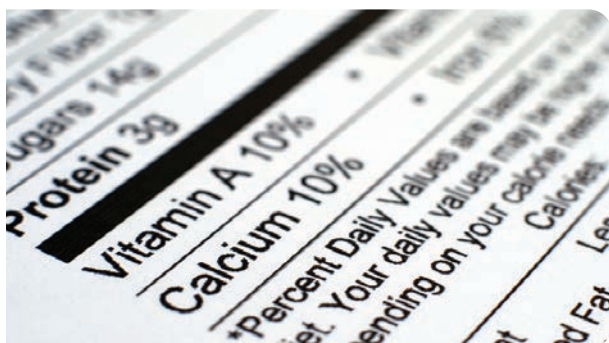
Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.



Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



HOW MANY CALORIES DO YOU NEED EACH DAY?

WOMEN

Not physically active

1,600 cal.

Moderately active

1,800 cal.

Active lifestyle

2,000-2,200 cal.



MEN

Not physically active

2,000-2,200 cal.

Moderately active

2,200-2,400 cal.

Active lifestyle

2,400-2,800 cal.



Visit www.nia.nih.gov/health/healthy-eating and www.choosemyplate.gov to learn more.