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

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


2. MyPlate for Older Adults was adapted from USDA’s MyPlate by nutrition faculty of the Department of Family, Youth and Community Sciences, IFAS, University of Florida, Gainesville, FL 32611. The contact author is Linda B. Bobroff, PhD, RD, LD / N, professor, Department of Family, Youth and Community Sciences, UF / IFAS.

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MyPlate for Older Adults

Choose fiber-rich foods often.
Drink water and other beverages that are low in added sugars.

Use fortified foods or supplements to meet your vitamin D and vitamin B₁₂ needs.
### Eat Right
- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

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

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

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**Archival copy:** for current recommendations see [http://edis.ifas.ufl.edu](http://edis.ifas.ufl.edu) or your local extension office.