Nutrition for Mature Adults

Good nutrition is important throughout life. It is especially important at certain times such as when you are a baby, when you are pregnant, and **once you reach 60 years and older**. A healthy lifestyle, based on MyPlate, will help you:

- Maintain or achieve a healthy weight,
- Decrease your risk of infection, illness, falls, and chronic disease.

Healthy Nutrition Practices

MyPlate is a good place to start planning for a healthy lifestyle. MyPlate tells us how much food we should eat based on our age, sex, and activity level. The table below shows the recommended amounts of food from each food group older women and men should eat each day.

Women	***Activity***	***Grains***	***Vegetables***	***Fruits***	***Dairy***	***Protein Foods***
Ages 66 and up	*less than **30 minutes of** exercise per day*	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
	***30-60 minutes** of exercise/day*	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
	***60+ minutes** of exercise per day*	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Men	***Activity***	***Grains***	***Vegetables***	***Fruits***	***Dairy***	***Protein Foods***
Ages 66 and up	*less than **30 of minutes** exercise per day*	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
	***30-60 minutes** of exercise per day*	7 ounces	3 cups	2 cups	3 cups	6 ounces
	***60+ minutes** of exercise per day*	8 ounces	3 cups	2 cups	3 cups	6.5 ounces

Know how. Know now.

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Fluid Facts

- Drink water throughout the day to avoid getting thirsty. Thirst is a sign that you are already dehydrated.
- Water is needed to keep your body working properly.

Making Healthy Choices From Each Food Group

- **GRAINS:** Eat whole grains for at least half of all grains. Examples of whole grains are whole wheat, rye, oats, oatmeal, bulgur, and brown rice.
- **VEGETABLES:** Eat a variety of different colored vegetables every day.
- **FRUITS:** Eat a variety of fruits. Eat whole fruit more often than fruit juice.
- **DAIRY:** Choose low-fat or fat-free dairy foods, such as 1% or skim milk and low-fat or fat-free cheese and yogurt. Lactose-free dairy foods can help those who cannot eat or drink regular milk products.
- **PROTEIN FOODS:** Choose lean meats and poultry. Vary protein sources to include meats, poultry, fish, dry beans, eggs, nuts, and seeds. Cook meats, poultry, and fish by baking, broiling, or grilling.

Keep Moving

Physical activity can help maintain or achieve a healthy body weight by burning calories. Moderate exercise that places weight on bones, such as walking, helps maintain and may increase bone strength in older adults. Any type of physical activity is good, from light gardening to brisk walking. Regular physical activity increases self-esteem, helps build and maintain bones and muscles, helps manage a healthy weight, reduces the risk of disease, and decreases stress. See a doctor before starting an exercise program.

Sources: Healthy Eating for Older Adults, Utah State University Extension, Healthy Eating and Lifestyles for the Later Years, University of Nebraska - Lincoln Extension, Elder Nutrition, University of Florida – Extension, Growing Older, Eating Better, USDA.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Revised 02/2012