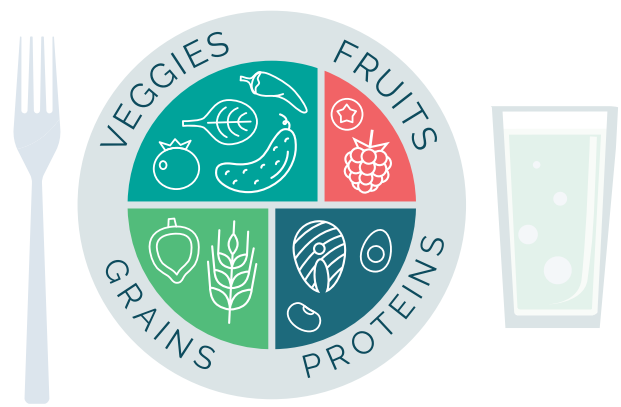


6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at **ChooseMyPlate.gov**



2

Look for important nutrients

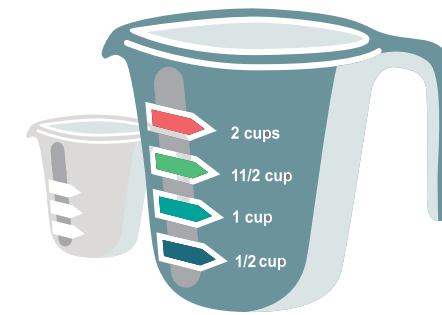
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

Read nutrition labels

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



4

Use recommended servings

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



5

Stay hydrated

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



6

Stretch your food budget

Get help paying for healthy food at **BenefitsCheckUp.org/getSNAP**