6 Ways to Eat Well as You Get Older
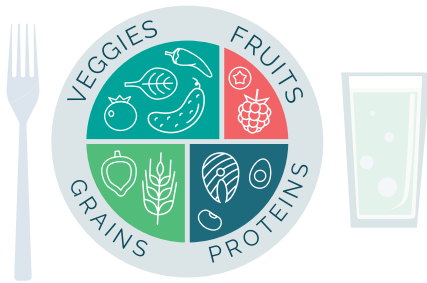
1

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
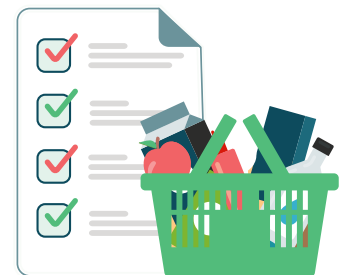
Use recommended servings

Learn the recomended 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**