

10 tips

Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. [Learn which liquids are better choices.](#)



eat, how much to eat, and which foods to choose, all based on the [Dietary Guidelines for Americans](#). Find [sensible, flexible ways to choose and prepare tasty meals](#) so you can eat foods you need.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to [make mealtimes pleasing.](#)



4 know how much to eat

Learn to recognize [how much to eat](#) so you can control portion size. MyPlate's [SuperTracker](#) shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

3 plan healthy meals

Find trusted nutrition information from [ChooseMyPlate.gov](#) and the [National Institute on Aging](#). Get advice on what to

5 vary your vegetables

Include a variety of [different colored vegetables to brighten your plate.](#) Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



(over)

6 eat for your teeth and gums

Many people find that their **teeth and gums** change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! **Maybe your sense of smell, sense of taste, or both have changed.** Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. **Avoid certain foods** that are always risky for an older person, such as unpasteurized dairy

foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to **important nutrients to know** as well as calories, fats, sodium, and the rest of the **Nutrition Facts label.** Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Amount Per Serving		Calories from Fat 40
Serving Size 2 1/2 cup (180g)		
Servings Per Container About 8		
		% Daily Value*
Calories 230		
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%

*Percent Daily Values are based on a diet of other people's secrets.
Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sodium	Less than 230mg	240mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	35g	30g

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. **Should you take vitamins** or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.