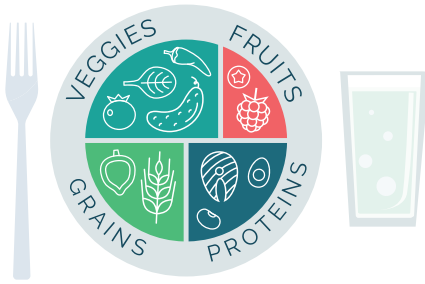


6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

Look for important nutrients

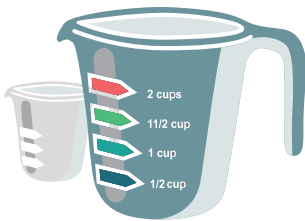
Eat enough protein, dietary fiber, potassium, calcium, Vitamin D, and Vitamin B12.



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 daily servings that are right for you at www.myplate.gov/myplate-plan



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](https://www.benefitscheckup.org)