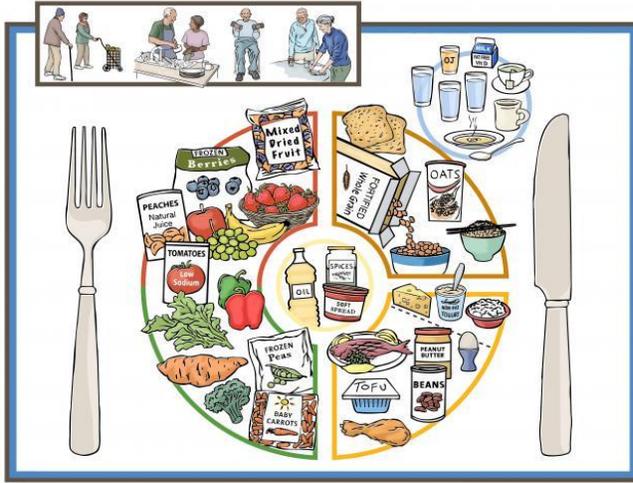


MyPlate for Older Adults



The following foods, fluids and physical activities are represented on My Plate for Older Adults:

- Bright-colored vegetables such as carrots and broccoli.
- Deep-colored fruit such as berries and peaches.
- Whole, enriched and fortified grains and cereals such as brown rice and 100% whole wheat bread.
- Low- and non-fat dairy products such as yogurt and low-lactose milk.
- Dry beans and nuts, fish, poultry, lean meat and eggs.
- Liquid vegetable oils, soft spreads low in saturated and *trans* fat, and spices to replace salt.
- Fluids such as water and fat-free milk.
- Physical activity such as walking, resistance training and light cleaning.

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