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, 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