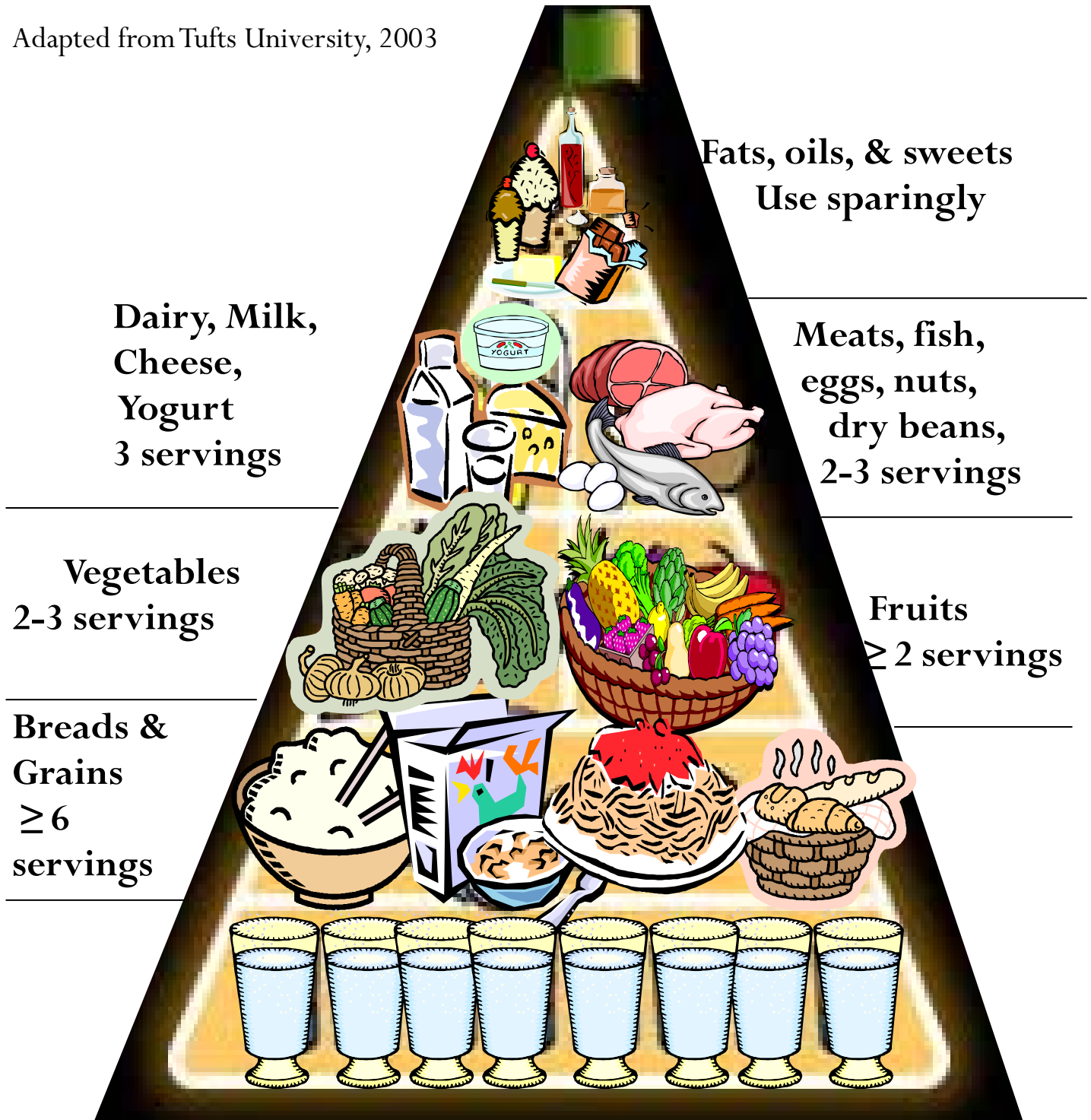


# Daily Food Guide for the Older American

Adapted from Tufts University, 2003



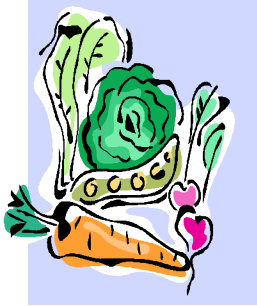
Eight servings of fluids per day (serving = 8 ounces)



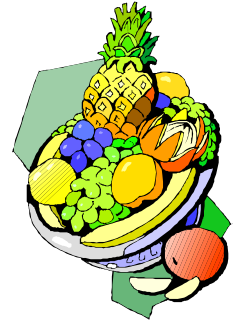
## Starches: Breads, Cereals and Grains

- One serving equals one slice of bread, 1/2 bagel and 1/2 cup cooked pasta or rice.
  - Choose whole grain breads and cereals.
- Pasta and rice dishes are easy to fix and inexpensive.
- Try brown rice. It has 2 more grams of fiber than white rice.

## Fruits and Vegetables



- Aim for 5 a day.
- Buy fresh when in season.
- Leave the skins on for more fiber.
  - Buy a rainbow of colors.
- Raw fruits and veggies with dip make a great snack!



## Dairy: Milk, Yogurt and Cheeses

- Try low-fat dairy foods such as milk, cheese, cottage cheese, yogurt, sour cream and cream cheese.
  - Use moderation when eating the higher fat foods.
    - Add dairy to your diet by:
      - \* Mixing soups with milk instead of water.
      - \* Snacking on cottage cheese or yogurt.



## Meats, Fish, Eggs, Dried Beans and Peas

- Choose lean cuts of beef and white, skinless chicken.
- Eat fish twice a week.
- 2-4 eggs per week are okay.
- Beans and peas are good sources of protein and high in fiber.

