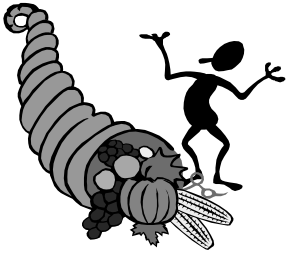


GOOD NUTRITION CAN IMPROVE THE QUALITY OF YOUR LIFE



YOU ARE WHAT YOU EAT!

No matter what your age, a balanced, nutritious diet is essential to good health. It is important, especially for older adults to eat a balanced diet with foods from all the food groups. Eating a variety of foods helps ensure adequate levels of vitamins and minerals in the body. The U.S. Dietary Guidelines recommends that adults reduce the fat, saturated fat, cholesterol, sodium, and sugar in the foods they eat.

WHAT MAKES UP A HEALTHY DIET?

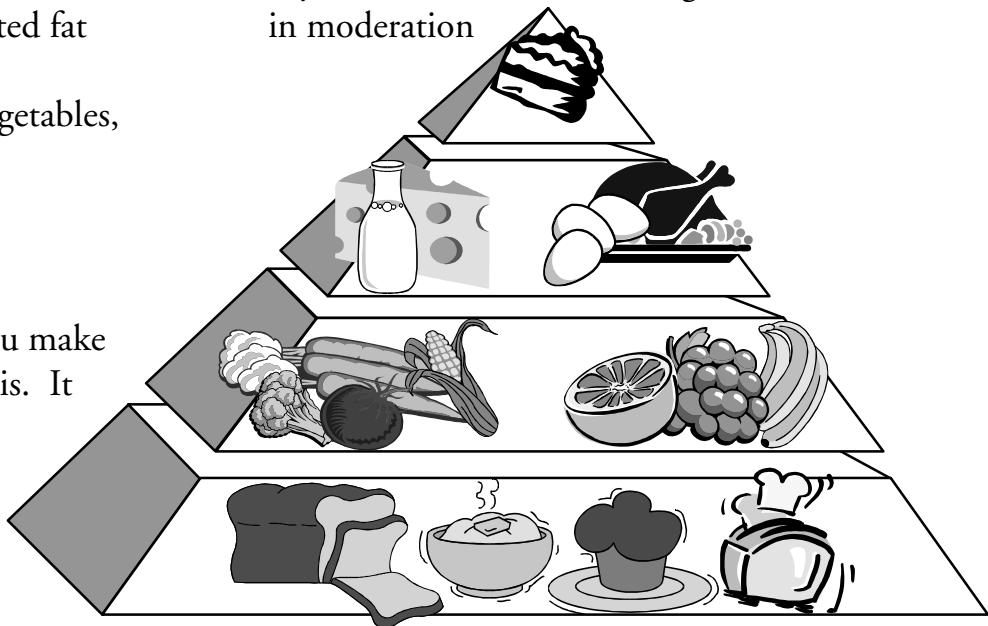
The United States Department of Agriculture and the Department of Health and Human Services developed The Dietary Guidelines and the Food Guide Pyramid to promote good health through healthy eating. Their recommendations are based on the latest research.

The Dietary Guidelines

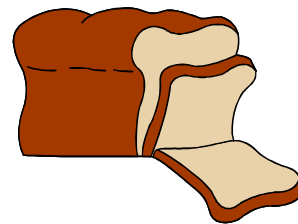
- Eat a variety of foods
- Maintain a healthy weight
- Choose a diet low in fat, saturated fat and cholesterol
- Choose a diet with plenty of vegetables, fruits and grain products
- Use sugars in moderation
- Use salt and sodium in moderation
- If you drink alcoholic beverages, do so in moderation

The Food Guide Pyramid

The Food Guide Pyramid helps you make healthy food choices on a daily basis. It includes a large variety of foods to accommodate your food preferences, which allows you to choose a healthy diet that also fits your personal needs.



The **bread, cereals, rice, and pasta** group forms the base of the pyramid. These foods, all of which come from grains, provide large amounts of complex carbohydrates. You should eat more servings (6 to 11 servings per day), of these foods than from any other block in the pyramid. Look to this group first when planning your meals. Older adults need to eat at least 6 servings from this group each day.



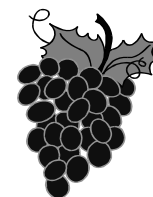
You need 6 to 11 servings per day from the breads, cereals, rice, and pasta group.

The next level of the Pyramid includes both the **fruit group** and the **vegetable group**. These foods are good sources of complex carbohydrates, vitamins, and minerals. The suggested serving for the fruit group is 2 to 4 servings a day, and the vegetable group is 3 to 5 servings per day. Older adults need at least 3 to 4 servings a day of vegetables, and at least 2 or 3 servings of fruit each day.



You need 3 to 5 servings of vegetables per day.

The third level of the Pyramid shows the **meat, poultry, fish, dry beans, and eggs** group and the **milk, yogurt, and cheese** group. Foods on this level, most of them from animal sources, are good sources of protein, vitamins, and minerals. For a healthy diet, you should eat 2 to 3 servings from each of these groups. Older adults only need 2 to 3 servings from **each** of these two groups each date.



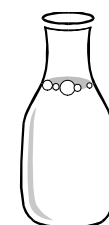
You need 2 to 4 servings of fruit per day.

The top and the smallest level of the Food Pyramid are the **fats, oils, and sweets** group. This includes foods such as butter, margarine, oil, salad dressings, liquid cream, sour cream, cream cheese, sugar, jelly/jam, sweetened soft drinks, candy, cakes, cookies, and other deserts. Alcoholic beverages also belong in this group. These foods are generally high in calories but lacking in vitamins and minerals. There is not a suggested number of servings for this group. Most people should eat foods from this level sparingly, especially if trying to lose weight.



You need 2 to 3 servings a day from the meat, poultry, fish, and eggs group.

Each food group on the bottom 3 levels of the Pyramid has a range of suggested servings. These ranges allow you to choose the number of servings right for you and your calorie needs. Most people should eat at least the minimum number of servings suggested in each group. These suggested servings provide a calorie range from about 1600 to 2800 calories. In general, the calorie needs for older adults are at the lowest end of the range.



You need 2 to 3 servings a day from the milk, yogurt, and cheese group.

The Pyramid does not picture water separately. But water is an essential part of the diet. You get water from milk, fruits, vegetables, soups, and juices. Our bodies need as much as 8 glasses of water a day. As the body ages, it holds less water. Further, some medications can cause water loss. Without the proper amount of water, you may get lightheaded, stress your heart, and even lose blood pressure. Drinking water helps keep our kidneys healthy and will prevent water loss symptoms.



WHAT EQUALS A SERVING?

Bread, Cereal, Rice and Pasta Group (6 to 11 servings a day) 1 Serving =

- 1 slice of bread
- 1 tortilla (1 ounce)
- 1 ounce ready to eat cereal
- ½ cup cooked cereal, rice or pasta
- ½ hamburger or hot dog bun
- ½ bagel or English muffin
- 3-4 small plain crackers (1 ounce)
- 1 pancake or waffle (3½ - 4 inches)

So, a small bowl of cereal with one slice of toast would be two servings: a sandwich for lunch would be two more servings. With crackers for a snack, you can easily reach five servings!

The Vegetable Group (3 to 5 servings a day) 1 Serving =

- 1 cup raw leafy vegetables
- ½ cup cooked vegetables
- ¾ cup vegetable juice
- 1 cup vegetable soup
- ½ cup chopped raw vegetables

The Fruit Group (2 to 4 servings per day) 1 Serving =

- ½ cup cooked or canned fruit
- ½ cup raw chopped fruit
- 1 medium apple, orange or banana
- ¾ cup fruit juice

The Milk, Yogurt, and Cheese group (2 to 3 servings per day) 1 Serving =

- 1 cup milk
- 1 cup yogurt
- 1½ ounces natural cheese
- 2 ounces processed cheese
- 2 cups cottage cheese
- 1½ cups ice cream
- 1 cup frozen yogurt

The Meat, Poultry, fish, Dry Beans, Eggs, and Nuts group (2 to 3 servings per day)

1 Serving =

- 2 to 3 ounces lean cooked meat, poultry or fish
- 1 egg*
- 2 slices bologna*
- ½ cup cooked dry beans or peas*
- 2 tablespoons peanut butter*
- 1/3 cup nuts*

*Count as 1-ounce lean meat