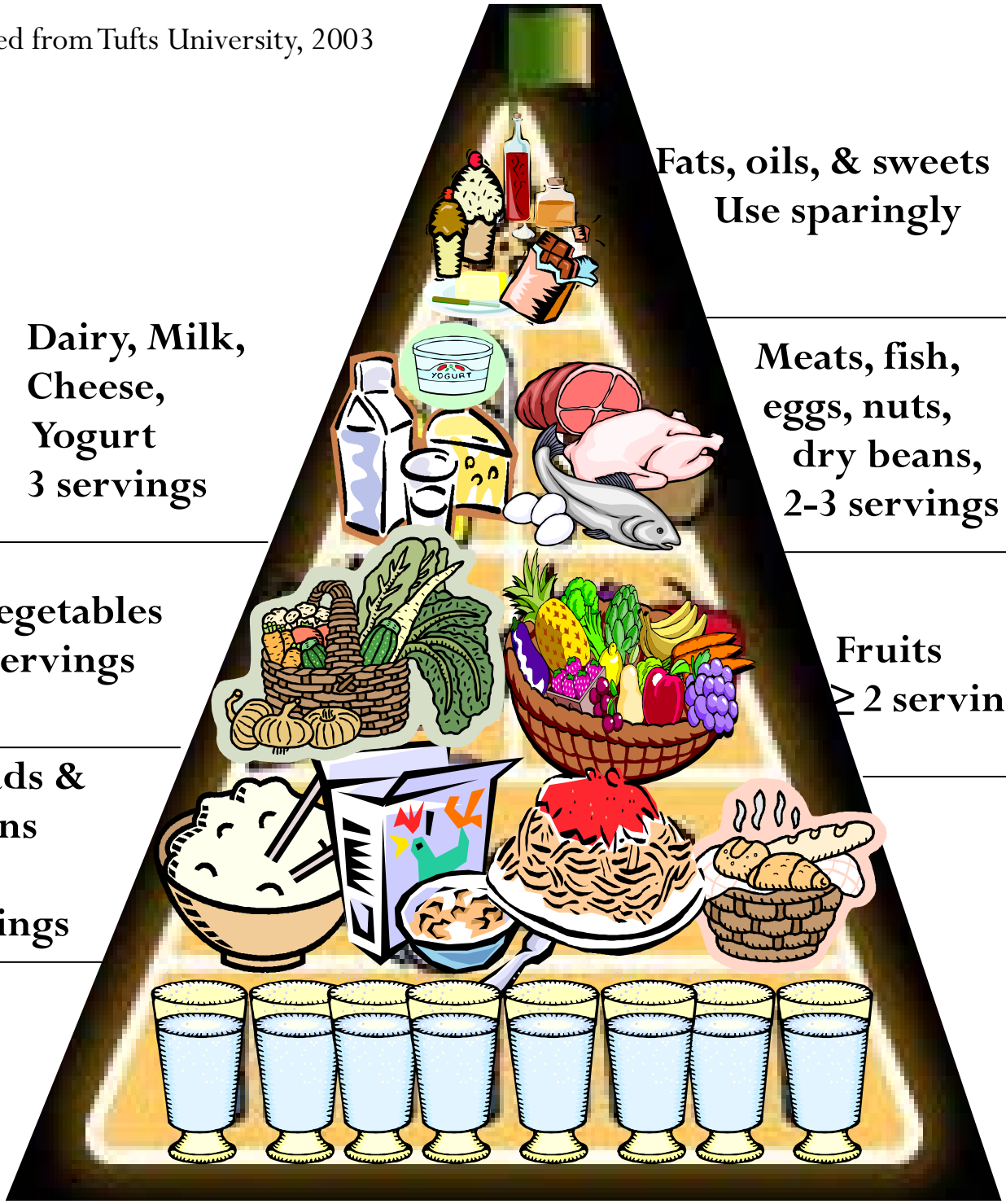
Daily Food Guide for the Older American

Adapted from Tufts University, 2003



Fats, oils, & sweets
Use sparingly

Dairy, Milk, Cheese, Yogurt
3 servings

Meats, fish, eggs, nuts, dry beans,
2-3 servings

Vegetables
2-3 servings

Fruits
≥ 2 servings

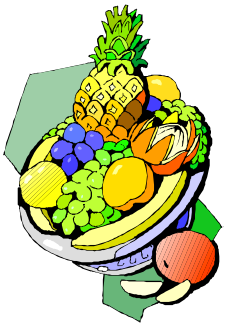
Breads & Grains
≥ 6 servings

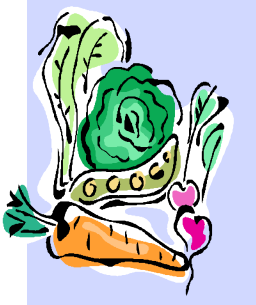
Eight servings of fluids per day (serving = 8 ounces)

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.

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