



# Resident Wellness Newsletter

## Nutrition for Seniors

### HEALTHY BODIES BEGIN WITH HEALTHY DIETS

We all know that we should exercise to maintain our independence, but nutrition and what you feed your body has at least as much, if not more, impact on your long-term health. As our bodies age, our nutritional needs change as well. The ChooseMyPlate graphic provides a general outline for what a healthy plate/meal consists of and the approximate proportional sizes of each food group. Please visit <https://www.choosemyplate.gov/> for detailed descriptions of each food group. There is also a free app that you can install on your smartphone to help you to tracking your nutrition each day.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Grains are divided into 2 subgroups: Whole grains and refined grains. Whole grains include the entire grain kernel, while refined grains have been milled to remove the bran and germ. This is done to give the grains a finer texture and included foods like white flour, white bread and white rice. At least ½ of all grains eaten should be whole grains.

Women over 51: 5 – 1 oz. servings

Men over 51: 6 – 1 oz. servings

**Fruits:** Any fruit or 100% fruit juice count, and fruits may be fresh, canned, frozen, dried, whole, cut up or pureed.

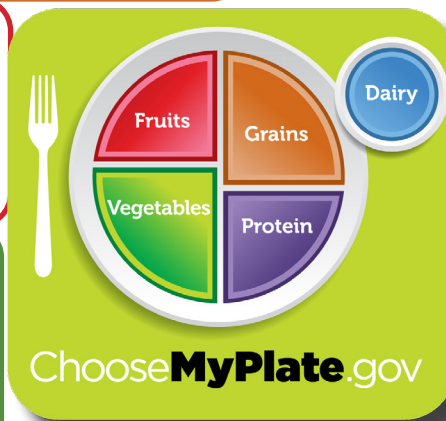
Women over 51: 1-1/2 cups/day

Men over 51: 2 cups/day

**Vegetables:** Any vegetable or 100% vegetable juice counts and may be raw, cooked, fresh, frozen, canned, dried, cut up, whole or mashed.

Women over 51: 2 cups/day

Men over 51: 2-1/2 cups/day



**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

All adults over 51: 3 cups/day

**Protein:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Meat and poultry choices should be low fat and should include at least 8 oz. of cooked seafood per week.

Women over 51: 5 – 1 oz. servings

Men over 51: 5-1/2 – 1 oz. servings

To locate **FREE** local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

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