Make Half Your Plates Fruits and Vegetables

Daily recommendations of fruits and vegetables for those 51+ years old.
The amount of fruit you need to eat depends on age, sex, and level of physical activity.
These amounts are appropriate for individuals who get less than 30 minutes a day of moderate physical activity, beyond normal daily activities.

<table>
<thead>
<tr>
<th>Sex</th>
<th>Fruits</th>
<th>Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>1 1/2 Cups</td>
<td>2 Cups</td>
</tr>
<tr>
<td>Men</td>
<td>2 Cups</td>
<td>2 1/2 Cups</td>
</tr>
</tbody>
</table>

Examples of 1 Cup
1 Small Apple
1 Large Banana
1 Large Bell Pepper
8 Large Strawberries
2 Large Stalks of Celery
12 Baby Carrots

Healthy Aging Association

For more nutrition information visit:
www.ChooseMyPlate.gov
Funded by USDA SNAP-Ed
“an equal opportunity provider and employer”

Healthy Aging Association is a non-profit organization whose mission is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, and sound health and nutrition practices”.

Healthy.aging2000@gmail.com
Updated: Summer 2015
Make half your plate veggies and fruit
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

Add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week make seafood the protein on your plate.

Include whole grains
Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Don’t forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

Avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

Take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

Use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

Take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

Try new foods
Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

Satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.