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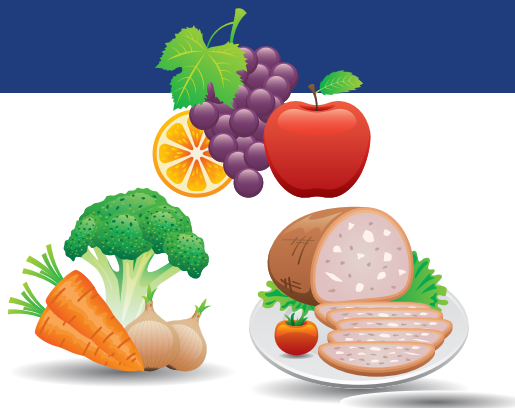
# Ways to Eat Well As You Get Older



## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

1



## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)

4



## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)

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