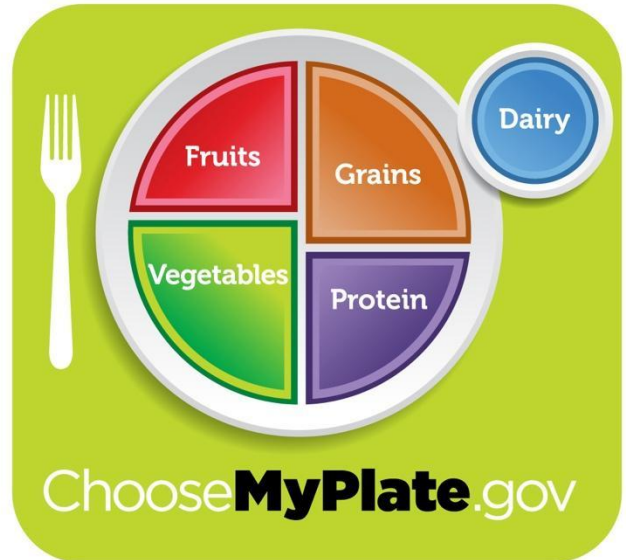


Eating Well as We Age

Choosing a nutritious diet is important for people of all ages. Nutritious foods that are packed with vitamins, minerals, fiber and other nutrients are especially important for older adults. Use the following tips to plan healthy meals and snacks.

1. **Load up half your plate with fruits and vegetables.** Fruits and vegetables are packed with flavor, color and vitamins and minerals that keep our body healthy. Canned, frozen and fresh are all good choices!
2. **Choose whole grains.** Make at least half your grain choices whole grain foods.
3. **Add lean protein foods.** Protein foods like peanut butter, eggs, beans and peas, and tofu are affordable and easy to chew.
4. **Reach for dairy foods.** Dairy foods like low-fat and fat-free milk, yogurt and cheese provide important nutrients for our bones like vitamin D and calcium.
5. **Choose healthy fats.** Use oils like olive oil or canola oil to cook and flavor foods.
6. **Add a low-calorie drink.** Choose water, unsweetened tea or other beverages that are low in calories and added sugars to keep your body hydrated!



To find a recommended amount of calories and foods from each food group for you, visit <https://www.choosemyplate.gov/resources/MyPlatePlan> to find your MyPlate plan.

Make the most of mealtimes:

- **Flavor your foods the healthy way.** Use herbs and spices, lemon or lime juice, or vinegars to flavor foods instead of salt. Eating foods while they are warm can help them be more flavorful.
- **Socialize.** Connect with others by preparing and eating meals with friends and family. If you are not able to connect in-person, consider a phone call or video call.
- **Choose meals and snacks that are easy to prepare and eat.** Especially when you don't feel like preparing elaborate meals or have difficulty eating or chewing food. Some examples are whole wheat toast with peanut butter, whole wheat crackers with cheese, yogurt parfaits topped with fruit, and smoothies packed with fruits and even vegetables!

- **Ask for help when you need it!** Ask for help from family, friends, neighbors, and community organizations like your local senior center when you need assistance traveling to purchase foods, shopping for foods, or preparing foods.

Creamy Strawberry Banana Smoothie

This creamy smoothie gets its smooth, creamy texture from silken tofu. Silken tofu is an affordable protein food that adds a pack of protein to this smoothie. With natural sugars, vitamins, and minerals from frozen fruit, this smoothie is a delicious and healthy choice as a meal or snack. Freeze any extra smoothie to enjoy later on as a delicious frozen treat.

Servings: 2

What you need:

6 ounces silken tofu, drained if needed*
1 cup frozen banana and strawberry slices**
¼ cup milk
½ tablespoon honey

What to do:

- Wash your hands with soap and water.
- In a blender, puree the tofu until all lumps are gone and the mixture is smooth and thick.
- Add the frozen banana and strawberry slices, milk and honey to the blender. Blend until the mixture is combined and creamy. Add additional milk, as desired, to reach your desired texture.
- Stir occasionally, if needed.
- Pour the smoothie mixture into two glasses and enjoy!

This recipe can also be poured into ice pop molds and frozen for creamy, fruity ice pops.

*Yogurt can be substituted for the tofu, if desired.

**You can substitute other frozen fruits to suit your preferences.

Nutrition information per serving: 117 calories; 2 g total fat (0 g saturated fat); 18 g carbohydrate; 4 g added sugars; 2 g dietary fiber; 7 g protein; 110 mg calcium; 0.3 mcg Vitamin D; 87 mg potassium; 1.4 mg iron; 19 mg sodium.