DID YOU KNOW:
Many older adults are at increased risk for malnutrition compared with other populations. It is estimated that between 2%-16% of older adults are nutritionally deficient in protein and calories.

WHAT NUTRIENTS COULD YOU BE LACKING?

- PROTEIN
- CALCIUM
- ZINC
- MAGNESIUM
- VITAMIN B6
- VITAMIN D

WHAT FOODS CAN PROVIDE THESE NUTRIENTS?

- LEAN MEATS, TOFU, LENTILS
- MILK, BROCCOLI, ALMONDS
- EGGS, WHOLE GRAINS, NUTS
- SEAFOOD, BANANA, AVOCADO
- WHOLE GRAIN CEREAL, EGG YOLK
- SALMON, CHEESE, COD-LIVER OIL

FUN FACT:
Your taste buds that are sensitive to salty and bitter tastes decrease with age, and may be the cause for a decreased appetite. Spice up your meals with herbs and spices instead of salt!

https://www.cdc.gov/nutrition/index.html

https://www.fda.gov
**HEALTH IS WEALTH**

**BE ABUNDANT IN HEALTH BY LEADING A WELL BALANCED LIFE WITH A WELL BALANCED DIET**

**STAY HYDRATED**

Don't forget to drink 6-8 cups of water throughout the day.

Exercise combined with a healthy diet can help to decrease severity of diseases such as Diabetes, Cardiovascular Disease, and Osteoporosis.

It is recommended by the US Department of Health that older adults perform 150 minutes of moderate intensity aerobic exercise per week.

For personalized information about nutrient requirements, visit the USDA Dietary Reference Intake calculator at: https://fnic.nal.usda.gov/fnic/dri-calculator. Talk to your doctor about changes to your diet!

Follow **MyPlate for Older Adults** for general recommendations regarding optimal portion size, food variety, and fluid intake to promote healthy aging.

**COLOR YOUR DIET**

Fill your plate with colorful fruits and vegetables to ensure a variety of foods and nutrients with each meal.

Visit https://www.choosemyplate.gov for more information.

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**References:**

2) WHO. Keep fit for life: meeting the nutritional needs of older people, 2002.
3) Taste bud homeostasis. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3864165/
4) https://www.who.int/nutrition/topics/ageing/en/index1.html

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