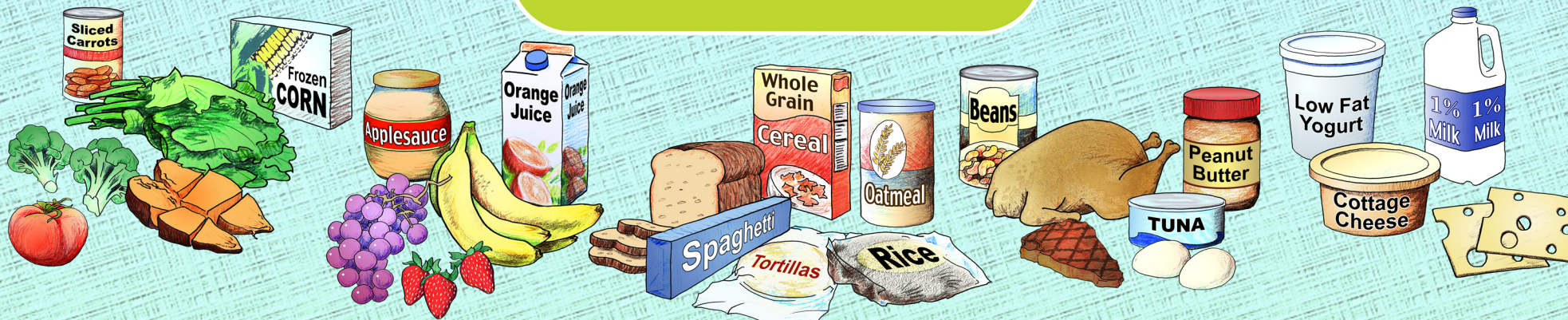
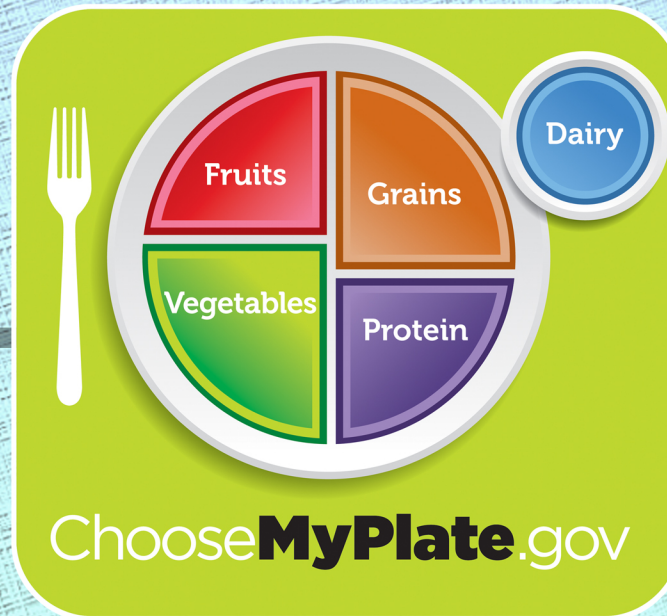


MyPlate for Older Adults



Vegetables

Fruits

Grains

**Protein
Foods**

Dairy

Choose fiber-rich foods often.

Drink water and other beverages
that are low in added sugars.

Use fortified foods or
supplements to meet your
vitamin D and vitamin B₁₂ needs.