



Food Hero for Older Adults

Focus on a Healthy Plate



A healthy eating routine is important at every age and stage of life. Make every bite count with foods that are full of nutrients.



Protein

Dairy

Vegetables

Fruits

Grains

Choose from options in each food group to create meals and snacks. Go to FoodHero.org for easy, tasty recipes.



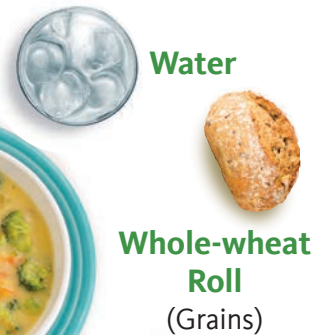
Whole-wheat Toast
(Grains)



Coffee or Tea
Veggie Omelet in a Mug
(Protein, Vegetables)



Broccoli Cheddar Soup
(Protein, Dairy, Vegetables)



Water
Whole-wheat Roll
(Grains)



Yogurt with Berries
(Dairy, Fruit)

Baked Meatballs
(Protein, Dairy, Vegetables, Grains)



Green Beans
(Vegetables)



Milk
(Dairy)
Bulgur Pilaf
(Vegetables, Grains)



Microwave Applesauce
(Fruit)



Bread Pudding in the Microwave
(Protein, Dairy, Fruit, Grains)

Classics Stay Strong

Focus on nutrients of importance to older adults, including protein, potassium, calcium, vitamins D and B12, and fiber.

When possible, choose foods with little to no added sugar, saturated fat and sodium.

You may not always feel thirsty when your body needs fluid, so drink beverages, like water or flavored water, throughout the day.



Nutrition Facts	
4 servings per container	
Serving size	1 cup (308g)
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 217mg	15%
Iron 1mg	6%
Potassium 481mg	10%
Vitamin A 367mcg	41%
Vitamin C 38mg	42%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Broccoli Cheddar Soup

Makes 4 cups **Prep time:** 10 minutes

Cook time: 15 minutes

Ingredients

- 1 cup chopped **onion**
- 1 cup shredded **carrot**
- 1½ teaspoons **margarine** or **butter**
- 2 cups low-sodium **broth** (any type)
- 2 cups chopped **broccoli** (fresh or frozen)
- 1 cup nonfat or 1% **milk**
- ¼ cup **flour** or 2 Tablespoons cornstarch
- ½ cup shredded **cheddar cheese** (2 ounces)
- ⅛ teaspoon **pepper**

Directions

1. Wash hands with soap and water.
2. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
4. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
5. Refrigerate leftovers within 2 hours

Notes

- No broccoli? Try other vegetables, such as asparagus, cauliflower or green beans.
- Try adding cooked or canned chicken for more protein.

Pair Physical Activity with your Healthy Plate

Regular physical activity can help you stay strong and independent. Find ways to be active that work for you.

- Aim for at least **150 minutes of moderate intensity activity each week**. Any activity that gets your heart beating faster counts.
- Aim to do **muscle-strengthening activities at least 2 days each week**. These are activities that make your muscles work harder than normal.
- Include **balance and flexibility exercises each week**, like stretching and standing on one foot, to help reduce your risk of falling.

