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OLDER AMERICANS MONTH

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ACL Administration for Community Living

AoA Administration on Aging

DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

How to Build a Healthy Eating Pattern

There are many different ways to eat healthy. You can eat healthy in a way that works for you and your family. Healthy eating can fit all tastes and traditions — and can be affordable, too.

The key is to build a healthy eating pattern, which means choosing a variety of nutritious foods in the right amounts for you — and making these choices part of your everyday routine.

Follow these tips — based on the *2015–2020 Dietary Guidelines for Americans* — for making choices that can help you reach or keep a healthy body weight, get the nutrients you need, and lower your risk of health problems like heart disease, type 2 diabetes, and some types of cancers.

Get a variety of nutritious foods and beverages.

Eating a variety of foods and beverages is important. It helps you get the range of nutrients you need to be healthy.

- Eat a mix of foods **across all food groups.**

  Choose foods and beverages from all food groups — vegetables, fruits, grains, dairy, and proteins — not just 1 or 2 of them.

Vegetables

Fruits, especially whole fruits

Grains, especially whole grains

Fat-free and low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages

Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products

- Eat a mix of foods **within each food group.**

  For example, each week try eating several types of vegetables, including dark green, red and orange, starchy ones, legumes, and others. Switch up the protein foods you eat, too — for example, consider fish, black beans, and peanut butter, not just lean meats and poultry.

Try to eat and drink the right amounts for you.

How many calories you need to eat depends on your age, sex, height, weight, and how active you are. Use the MyPlate Daily Checklist at www.choosemyplate.gov/calculator to find a plan that is right for you.

Limit foods and beverages higher in saturated fats, added sugars, and sodium.

Aim to get:

- **Less than 10% of calories each day from saturated fats**
  Foods higher in saturated fats include butter, cheese, whole milk, meats higher in fat (like beef ribs, sausage, and some processed meats), poultry skin, and tropical oils like coconut and palm oil. Instead, go for foods with unsaturated fats — like seafood, avocados, most nuts, and canola or olive oil.
- **Less than 10% of calories each day from added sugars**
  Added sugars are syrups or other sweeteners with calories that are added to foods and drinks when they're being made or prepared. Stick mostly to foods and drinks with naturally occurring sugars — like ones in unflavored milk and fruits — or no sugar at all. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, brownies, and candy.
- **Less than 2,300 milligrams of sodium each day for adults and children ages 14 and up (less for younger children)**
  Sodium comes from table salt — but most of the sodium we eat comes from foods that are packaged or served in restaurants. When buying foods in the store, check the Nutrition Facts label and choose the option with the lowest amount of sodium. To cut down on sodium, cook more at home or ask not to have salt added to your meal when eating out.

Small changes = big benefits

Small ***shifts*** in your daily eating habits can improve your health over the long run. For example, try swapping out white bread for whole-wheat bread and reach for a handful of nuts instead of potato chips.

Stick with it.

A lifetime of healthy eating can help prevent health problems like obesity, heart disease, type 2 diabetes, and some types of cancer. Think of every day and meal as an opportunity to make a healthy choice.

Want to learn more about how to find a healthy eating pattern that works for you?
Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and find recipes for healthy meals at www.whatscooking.fns.usda.gov/.

What's in a Healthy Eating Pattern?

The *2015–2020 Dietary Guidelines* has recommendations for a healthy eating pattern.

For someone who needs 2,000 calories a day, a healthy eating pattern includes:

Fruits, especially whole fruits
2 cups

Grains, at least half of which are whole grains
6 ounces

A variety of vegetables — dark green, red and orange, starchy, legumes (beans and peas), and other vegetables
2½ cups

A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
5½ ounces

Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
3 cups

Oils, like canola and olive oil or foods that are sources of oils, like nuts and avocados
5 teaspoons

And it has limits on:

Saturated and *trans* fats — limit saturated fats to less than 10% of daily calories and keep *trans* fat intake as low as possible

Added sugars — limit to less than 10% of daily calories

Sodium — limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)

A variety of meals and snacks can fit within healthy eating patterns. Many meals have several food groups within one dish. Check out these examples.

Taco salad

½ cup avocado
1 tsp lime juice — Fruits; Grains — 2 ounces tortilla chips

1 cup chopped lettuce
2 Tbsp salsa — Vegetables; Protein — 2 ounces cooked ground turkey

½ ounce low-fat cheddar cheese — Dairy; Oils — 2 tsp corn oil for cooking turkey

Tofu-vegetable stir-fry

¼ cup pineapple — Fruits; Grains — 1 cup cooked brown rice (2 ounces dry)

½ cup chopped Chinese cabbage
¼ cup sliced bamboo shoots
¼ cup chopped sweet red and green peppers — Vegetables; Protein — 4 ounces firm tofu

1 cup fortified soy beverage — Dairy; Oils — 1 Tbsp canola oil for cooking stir-fry

Tuna salad sandwich

1 medium peach — Fruits; Grains — 2 slices whole-wheat bread

1 Tbsp chopped celery
½ cup shredded lettuce — Vegetables; Protein — 2 ounces canned tuna

1 cup fat-free milk — Dairy; Oils — 1 Tbsp mayonnaise

USDA
United States Department of Agriculture

10 tips
Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

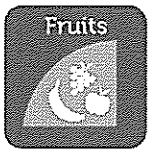
1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits



Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

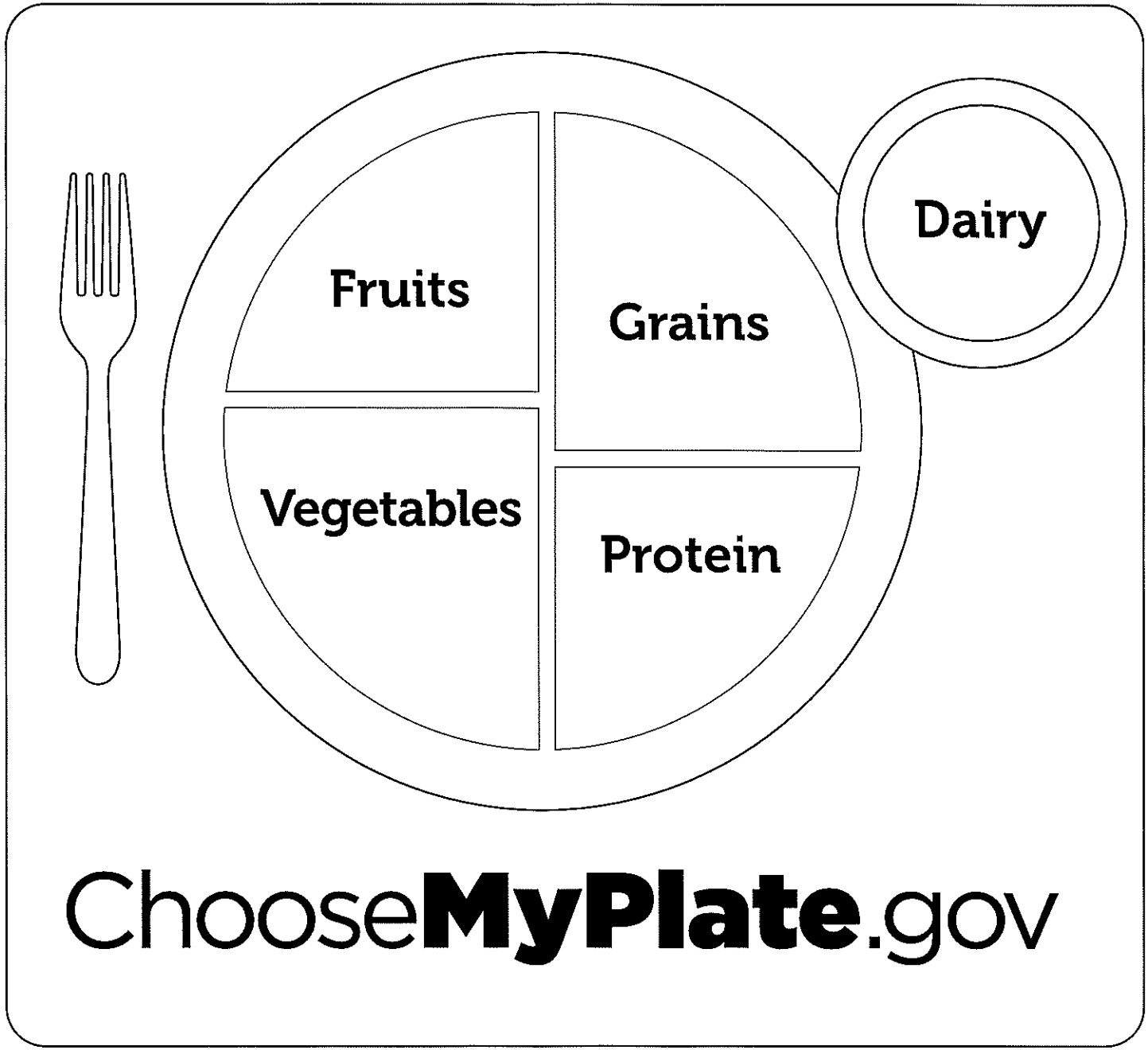
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."



USDA Center for Nutrition Policy and Promotion

How Much Sugar Do You Eat? You May Be Surprised!

Added Sugars

Sugar is the most popular ingredient added to foods in the US. It is found in cakes, cookies, candy and other sweets. Sugar is also added to many processed foods like ketchup, crackers, bread, soups, cereals, peanut butter, cured meats and salad dressings. Most processed foods contain sugar. Reading food labels will help you find out how much sugar is in the foods you eat.

One teaspoon of white sugar has 15 calories and one teaspoon of corn syrup (a type of sugar) has 20 calories. Soft drinks are responsible for most of the added sugar in the average American diet. One can of soda contains about 11 teaspoons of sugar.

How Much Sugar?

Two hundred years ago, the average American ate only 2 pounds of sugar a year. In 1970, we ate 123 pounds of sugar per year. Today, the average American consumes almost 152 pounds of sugar in one year. This is equal to 3 pounds (or 6 cups) of sugar consumed in one week!

Nutritionists suggest that Americans should get only 10% of their calories from sugar. This equals 13.3 teaspoons of sugar per day (based on 2,000 calories per day). The current average is 42.5 teaspoons of sugar per day!

Names for Sugar

Sugar comes in different forms and a variety of names. All of the following sweeteners provide you with calories and all have little or no nutritional value (known as 'empty calories').

- Sugar
- Glucose
- Honey
- Sorghum syrup
- Lactose
- Fruit juice concentrate
- High-fructose corn syrup
- Dextrose
- Fructose
- Corn syrup
- Sorbitol
- Molasses
- Maltose
- Corn sweetener
- Sucrose
- Brown sugar
- Syrup

Why Eat Less Sugar?

A two ounce chocolate bar has 30 grams of sugar and the same calories as three medium bananas! The bananas are low in fat, high in vitamins and minerals and are fiber-rich. Bananas contain no sugar and will make you feel full longer than a candy bar.

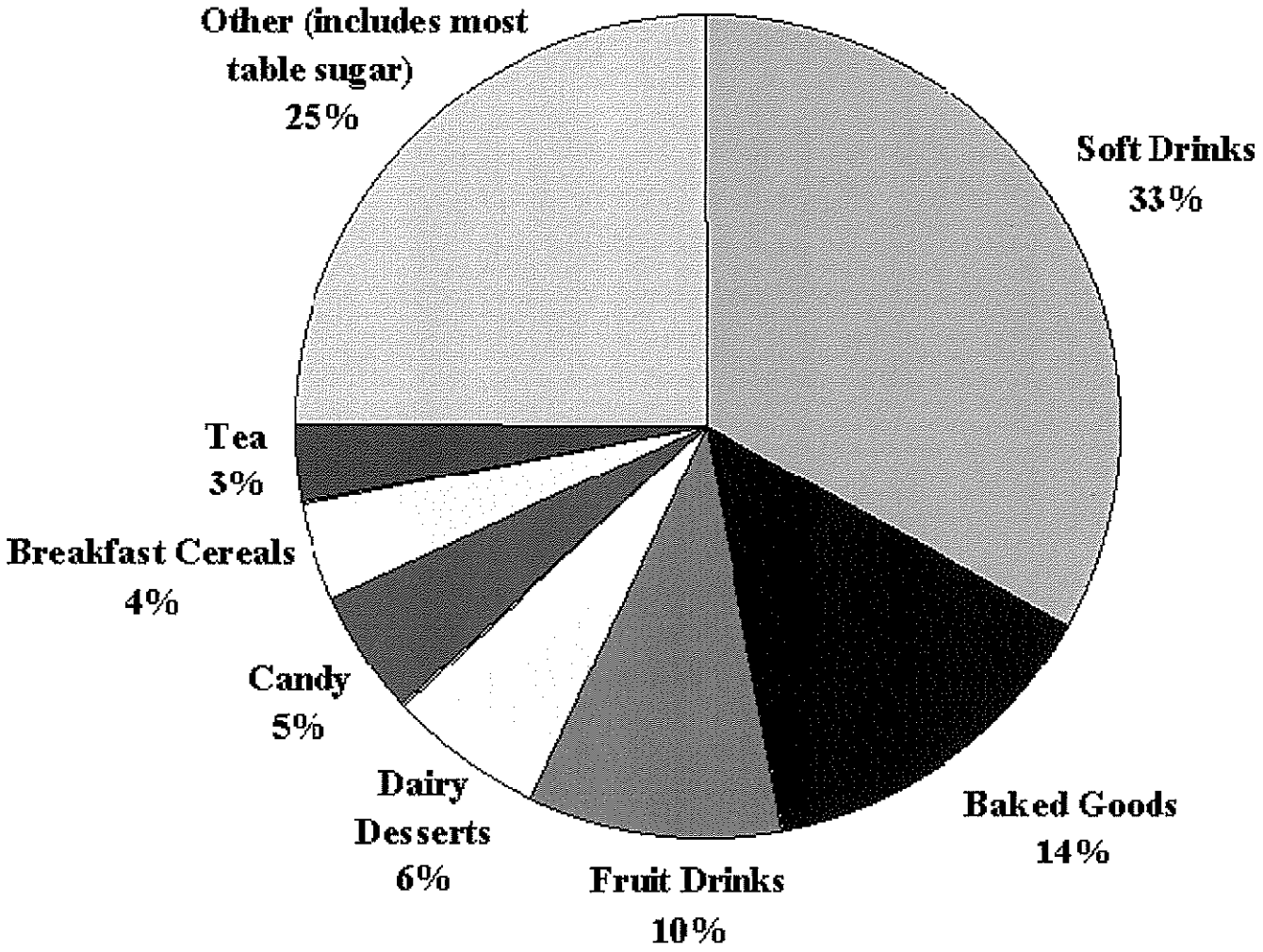
About Fat-Free Snacks

Fat-free cakes, cookies and ice cream may have as much or more added sugar than non-fat-free options. When fat is removed sugar is often added for flavor. These "fat-free" snacks can be high in calories. "Fat-free" on the package does NOT mean "calorie or sugar-free."

To Burn Off These Calories….	*Walk at a Brisk Pace (3-4 mph) for…
2 Tbsp. maple syrup-111 calories…….	25 minutes
1 (12 oz.) soda - 162 calories……	35 minutes
1 (1.5 oz. chocolate bar) - 230 calories.	50 minutes
1 cup vanilla ice cream - 273 calories..	60 minutes
1 piece of apple pie - 340 calories……	75 minutes

*(Based on a 150-160 pound person. A lighter person will burn fewer calories, a heavier person will burn more calories)

Where Added Sugar Comes From



Healthier Alternatives to High Sugar Foods

Instead of . . .	Try . . .
Soda	• 100% fruit juice mixed with seltzer • Flavored seltzers • Plain seltzer • Diet soda
Candy bar	• Fresh fruit • Dried fruit • Raw veggies (carrots, celery, broccoli, cauliflower, bell pepper, etc.) • Dry unsweetened cereal mixed with dried fruit • A bowl of cereal, milk and fruit
Cakes and pies	• A piece of fruit • Fruit salad • Baked apple
Cookie	• Graham cracker, animal cracker or vanilla wafer • A crunchy fruit – e.g., an apple or a pear
Ice cream	• Frozen juice pops (100% juice) • Small serving of a low-cal ice cream topped with sliced berries • An ice cold smoothie made with yogurt and frozen berries
Sugared cereals	• Unsugared cereals with sliced berries or shredded apple

Orange Cream Smoothie

Preparation Time: 3 minutes Number of Servings: 1

Ingredients:

- 1 frozen banana, sliced*
- 1 Navel orange, peeled OR 2 clementines, peeled
- ½ cup plain (or vanilla), non-fat Greek yogurt
- 1 cup low-fat milk, or unsweetened vanilla almond milk
- Honey, to taste (optional) or sweetener of choice

*Peel and slice overly ripe bananas and place in a bag to freeze ahead of time for future use in smoothies

Directions:

1. Add milk, Greek yogurt, frozen banana, and orange segments to your blender. Blend on high until creamy and mixed well.
2. Taste for sweetness and add honey or sweetener to your desired taste preference.
3. You can also add ice cubes if you would like it to be thicker in texture.

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Orange Cream Smoothie

Tips:

- ✓ Add ¼ of an avocado, ½ tablespoon chia seeds OR ½ tablespoon of ground flaxseed for a more filling smoothie & a dose of heart-healthy fats!
- ✓ Add ice if you prefer a thicker smoothie.
- ✓ Add a handful of baby spinach to add some veggies to your smoothie.

Nutrition Facts (for the recipe without adding honey):

Calories: 265 **Protein**: 15gm **Total Carbohydrates**: 49gm
Total Fat: 3gm **Cholesterol**: 0mg **Fiber**: 7gm **Sodium**: 234mg

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Spring Blueberry Walnut Salad

Number of Servings: 2 **Preparation/Cook Time:** 25 minutes

Ingredients:

[Dressing]

- 1 tablespoons honey
- 2 tablespoons plain nonfat yogurt
- ¼ teaspoon ground cinnamon
- 2 tablespoons fresh orange juice
- Fresh ground black pepper, to taste

[Salad]

- ½ large, ripe avocado, peeled and cut in slices
- ½ cup fresh apple; peeled, cored, seeded, diced
- ½ cup fresh mango, diced (or frozen and thawed)
- ½ cup fresh blueberries, rinsed and drained
- 4 cups of salad greens
- 1 tablespoon chopped chives or green onion
- 1 tablespoon walnuts, toasted, chopped coarsely

Recipe courtesy of pbhfoundation.org

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Spring Blueberry Walnut Salad

Instructions:

1. Whisk together all dressing ingredients, set aside.
2. Place avocado slices, apple, mango and blueberries in a medium bowl and toss with 2 tablespoons of dressing.
3. Toss salad greens in large bowl with remainder of dressing and distribute evenly on two salad plates (or place one serving in a container to be consumed for another meal).
4. Place an equal portion of the fruit/avocado mixture on top of each greens serving. Sprinkle with chopped chives and toasted walnuts to serve.

Tips:

- Add 3oz grilled chicken breast or grilled shrimp and a whole grain dinner roll to make this more of a meal.
- Swap out any of the fruit for what you have on hand.

Nutrition Facts (per serving):

Calories: 230 **Protein:** 5.6gm **Total Carbohydrates:** 35gm
Fiber: 8gm **Total Fat:** 9.4gm **Cholesterol:** 0mg **Sodium**: 89mg

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