Health Tips *for seniors*

2005 Food Guide Pyramid

Recommendations:

- Make half your grains whole
  - Choose whole-wheat flour, cracked wheat, oatmeal, whole corn meal, brown rice, bran, & popcorn
- Vary your vegetables
  - Choose dark-green & orange vegetables, dry beans & peas, corn, green peas, lima beans, & potatoes
- Focus on fruits
  - Eat a variety of fruit for fiber & antioxidants
  - Limit fruit juices with added sugar
- Get your calcium-rich foods
  - Choose low-fat or fat-free milk, cheese, yogurt, & milk-based desserts like puddings, ice milk, frozen yogurt, & ice cream
- Go lean with protein
  - Choose low-fat or lean meats & poultry
  - Eat more fish, beans, peas, nuts, & seeds
- Get at least 30 minutes of physical activity most days of the week
- Limit consumption of fats, sugars, & sodium

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For more information visit www.MyPyramid.gov
Erie County Department of Senior Services
(716) 858-8526 www.erie.gov/depts/seniorservices/

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