

# Nutrients & Energy

## What does our body need?

Carbohydrates, fats, proteins, vitamins, minerals and water.

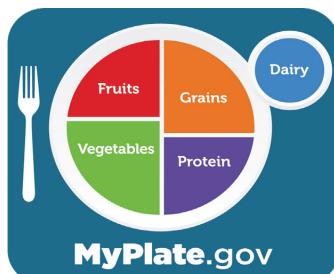
### Carbohydrates, fats and proteins

provide nutrients and fuel to give us energy for our body. Just like how cars need gas as fuel to keep running, our body needs energy from food to keep it running.

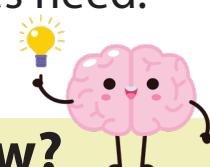


**Vitamins, minerals and water** provide other nutrients to help our body function better. Just like how cars need other fluids such as oil and transmission fluid to help the car run smoother, our body needs these other nutrients, too.

**When we eat or drink, calories are converted to energy to help fuel our body; this is called metabolism. The number of calories a food provides tells us how much energy that food will give us.**



Eating a variety of foods from each food group on **MyPlate** will help ensure we are getting the energy and nutrients our bodies need.



### Did you know?

The brain's primary source of energy comes from carbohydrates. The carbohydrates are broken down to glucose, and the glucose fuels our brain.

By Anne R. Lindsay, Ph.D., M.S., FACSM ; Macy Helm ; and Jennifer M. Wood, M.S., RDN, LNHA, CSG

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# Carbohydrates

## Carbohydrates, are they friend or foe?

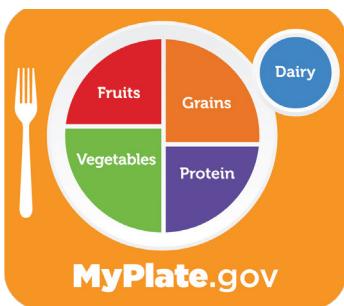
Carbohydrates are our friend. After all, they are our body's preferred source of energy and provide important nutrients.

Choose whole fruits and vegetables and whole-grain products for the most energy and nutrients. Look for 100% whole grain on the label.



Whole-grain carbohydrates and whole fruits and vegetables provide more fiber to help with digestion, cholesterol and maintaining blood sugar levels.

**Energize your body with a variety of healthy carbohydrates!  
Make half of your grains whole grains.**



Eating a variety of foods from each food group on **MyPlate** will help ensure we are getting the energy and nutrients our bodies need.



### Did you know?

Although milk is a separate category on MyPlate, milk also provides carbohydrates.

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# Fats

## All fats are not the same!

### Choose more unsaturated fats:

- Unsaturated fats (oils) are liquid at room temperature.
- These are more “heart healthy” and may improve cholesterol levels.
- Examples include cold water fish (salmon, tuna, herring), olive and canola oil, avocados, nuts and seeds.

**Eat MORE of these.**



### Limit saturated fats:

- Saturated fats are solid at room temperature.
- These are not as good for your heart and may raise bad cholesterol.
- Examples include bacon, butter, lard and fatty meats.

**Eat LESS of these.**



### Did you know?

Our bodies use fat as energy, and to protect our organs and transport vitamins. If you need more calories (energy) to maintain your weight, healthy fats can provide a lot of energy in a small amount.

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# Proteins

## Go lean with proteins!

Protein provides essential nutrients called amino acids that help build and repair muscles, heal wounds and fight infections. Your body can't make all the amino acids you need, so these essential amino acids must come from your food.

### Protein sources in the diet come from meats and plant-based sources.

- Meats are considered complete proteins that provide all the essential amino acids our bodies need.
- Choose lean meat proteins.
- Meat with less marbling indicates it is leaner.
- Cut off excess fat around the edges.
- Remove the skin on chicken and turkey.
- Drain off extra fat when cooking meat.



You don't have to eat meat to get enough protein. There are plant-based proteins, too. Most plant-based proteins aren't considered complete proteins because they don't provide all the essential amino acids we need.

**Eat a variety!**  
**Pairing different plant-based proteins can provide all the essential amino acids in a meal (beans and rice, corn and beans, tofu and nuts).**

**Did you know?** 

Quinoa and tofu are two of the few plant-based proteins that are considered complete proteins and provide all the essential amino acids we need.

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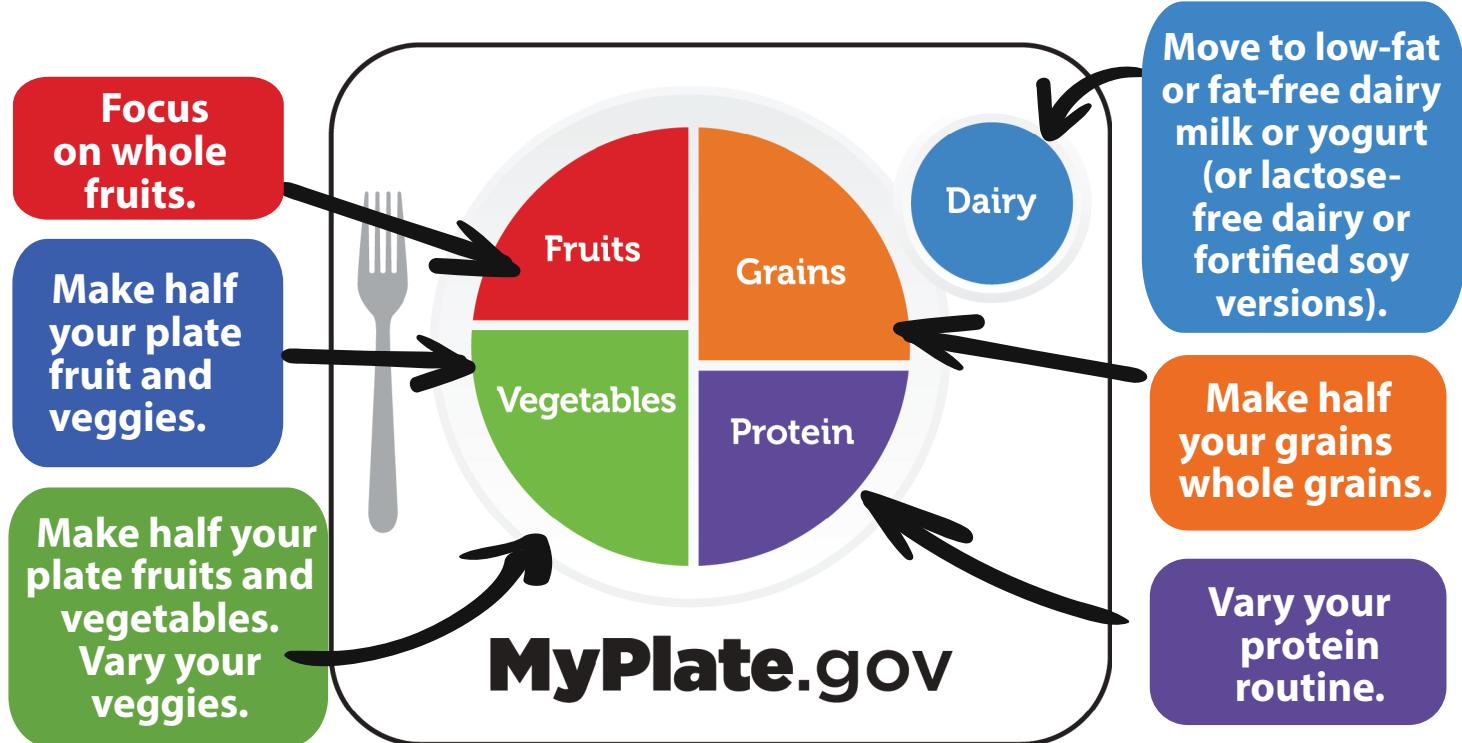
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# MyPlate

## Eating should be a variety show!

MyPlate provides a visual picture of what a balanced meal should look like. The colorful plate also reminds us to eat a variety of colors.

**Include all five food groups for a balanced and complete meal.**



The term “eat the colors of the rainbow” reminds us to eat a colorful variety of fruits and vegetables. Each color provides different, yet important nutrients.



### Did you know?

Some foods can be found in two categories on MyPlate. Corn is actually considered a grain, yet can count as a starchy vegetable or grain. Legumes such as peas and beans can count as a protein or vegetable.

See MyPlate.gov for more information on the food groups.

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# Servings

## Serving size matters!

Make sure to eat adequate servings from all five food groups. Visit [MyPlate.gov](http://MyPlate.gov) to see how many servings are right for you.

(Servings: Based off of a 2,000-calorie diet)

### Examples of 3-ounce protein equivalents (5.5-ounce equivalents per day)



Meat the size of a deck of cards



3 ounces of canned meat



Fish the size of a smart phone

### Examples of 1-ounce protein equivalents (5.5-ounce equivalents per day)



1 egg



2 tbsp of hummus



1/2-ounce of nuts  
(about 12 almonds)



1 tbsp of peanut butter



1/4 cup of beans or peas



1/4 cup of pinto beans

### Did you know?

2 cups of cottage cheese are equal to one cup of milk or  $\frac{1}{3}$  cup of shredded cheese.

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## Examples of 1-cup vegetable equivalents (2.5-cup equivalents per day)



Vegetable the size of a light bulb



2 cups of raw spinach or leafy greens



2 large stalks of celery or carrots



1 cup of fresh, frozen or canned vegetables

## Examples of 1-cup fruit equivalents (2-cup equivalents per day)



1 piece of fruit the size of a baseball or 2 small fruits, such as plums



1 cup of canned fruit, frozen fruit, or 100% fruit juice



½ cup of dried fruit



1 cup of green grapes

## Examples of 1-ounce whole grain equivalents (6-ounce equivalents per day)



½ cup of cooked pasta, rice or oatmeal



1 slice of bread, ½ of a hamburger bun or ½ of an English muffin

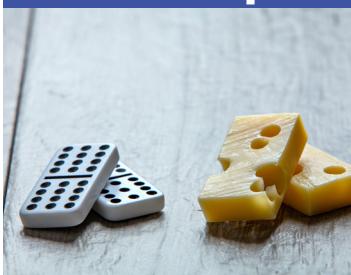


1 cup of cereal or 5 crackers



1 small pancake or a small tortilla

## Examples of 1-cup dairy equivalents (3-cup equivalents per day)



Block cheese cut to the size of 2 dominoes, 1 slice from packaged cheese, or 1 ½ cheese sticks



1 cup of milk



⅓ cup of shredded cheese



1 cup of yogurt or 2 cups of cottage cheese

**Ask yourself with every meal, "Did I get enough servings of each food group?"**

# Nutrition Facts Label

## "Just the facts, ma'am. Just the facts."

The **servings per container** tells you how many servings are in that package.

The **serving size** tells you how much of that food is one serving.

The **% Daily Value** tells you if a food is high or low in a certain nutrient. A daily value of 20% or more for a nutrient is considered **HIGH** in that nutrient.

The **nutrients** section provides a list of important nutrients and how much is in each serving. (Nutrients include both those you want more of and those you want to limit.)

Ingredients are also listed on the label, in order of highest to lowest amount contained, and are generally found just below the nutrition facts label.

Food labels in the U.S. also list the most common food allergens including milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

**Each time you go grocery shopping, choose one or two common foods that you buy, and look at the nutrition facts label.**



## Did you know?

The amount of carbohydrates in food includes fiber and total sugar (including added sugars).

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### Sample Food ABC

#### Nutrition Facts

8 Serving per container  
**Serving Size** 2/3 Cup(55g)

**Amount per serving**  
**Calories** 230

	% Daily Value*
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
<b>Protein</b> 3g	

Vitamin D 2mg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\*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.

**Ingredients:** Enriched wheat flour, rye flour, shortening, sugar, corn sweetener, barley flour, salt, leavening.



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# Sodium

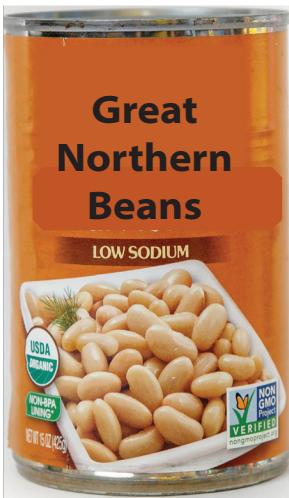
## Less is more. Spice is nice!

Consuming too much sodium can increase your risk of high blood pressure, heart disease and stroke. Sodium is added in most processed foods and is in both table salt and sea salt.



### You can lower the amount of sodium you consume by:

- Adding different flavors, such as lime juice, or fresh herbs, rather than salt.
- Choosing “low-sodium” or “no salt added” options.
- Eating less premade soup, which is often high in sodium.
- Limiting packaged foods and cooking fresh foods at home.
- Rinsing canned vegetables and beans.
- Salting foods at the table rather than while cooking.



### Did you know?

Experts recommend adults, including older adults, consume less than 2,300 mg of sodium per day, or the equivalent of 1 teaspoon of table salt.

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# Fiber

## Fiber keeps the colon rollin'!

Eat whole foods for fiber. Fiber is found in fruits, vegetables, legumes and whole grains. It helps the body eliminate waste better, lowers cholesterol and keeps you feeling full longer.

**ADD MORE OF THESE** foods to get more fiber in your diet:



Brown Rice



Whole Vegetables



Whole Fruits



Whole Wheat Bread



Beans, Nuts & Seeds

Whole grains contain most of the natural fiber and nutrients. Choose cereals and breads with 100% whole grain listed first in the ingredients list or look for the 100% whole grains stamp for foods high in fiber!

**EAT LESS OF THESE** foods that are lower in fiber:

Refined grains have been processed, which removes most of the fiber and many nutrients.



White Rice



White Bread



Pasta Enriched



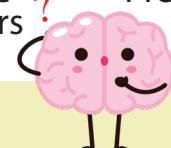
Saltine Crackers



Pretzels



Juice



### Did you know?

Fresh, frozen and canned fruits and vegetables are all high in fiber and provide important nutrients! Half your plate should be filled with these.

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# Dairy

## Mooooove in the right direction and add dairy to your meals!

Dairy is an important part of our diet and is high in both calcium and vitamin D. Aim for at least three servings of dairy a day. Choose lower-fat options for less calories and higher-fat options for more calories or energy.

Keep your bones strong and body “moooooving” by including at least one serving of these with every meal:



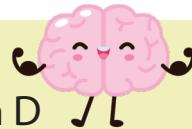
- Milk (1 cup)
- Yogurt (1 cup)
- Kefir (1 cup)
- Cheese (1 ½ ounces natural cheese, ¼ cup shredded cheese, ½ cup ricotta cheese, 2 cups of cottage cheese)
- Soy-milk, almond milk or oat-milk that is fortified with calcium and vitamin D (1 cup)



Try adding nonfat dry milk to your favorite recipes to increase calcium and vitamin D.

### Did you know?

Milk is a good source of protein, and the vitamin D in it helps your body absorb more calcium!



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# Added Sugars

## Added sugars are sneaky!

Added sugars are not the same as naturally occurring sugar in fruits and milk.

Diets high in added sugars may lead to an increased risk of heart disease, cancer, type 2 diabetes and excess weight gain.

Added sugars have many names, such as: agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose and anything with the words sugar or syrup.



When looking at food labels, added sugars are listed separately under carbohydrates.

### Try reducing added sugars by:

- Reading labels and choosing foods lower in added sugars
- Draining out the liquid from fruits canned with sugar and rinsing
- Choosing lower-sugar recipes
- Adding less sugar to your favorite recipes
- Limiting sodas, sports drinks and sweetened beverages



### Did you know?

Added sugars should be limited to 10% of your daily calories, which is about 12 teaspoons per day based on a 2,000-calorie diet.

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# Food Safety 1

## Hands up for safety!

Safe food is food free of harmful bacteria, viruses or contaminants that can make you sick.

### Food safety from the store to the kitchen:

- Buy food from reputable sources.
- Keep hot foods hot and cold foods cold during transport.
- Put groceries away promptly to keep harmful bacteria from growing.
- Place your raw meat and eggs on the bottom shelf of the refrigerator to prevent any contamination or leakage to the lower shelves.
- Keep an appliance thermometer in your refrigerator and freezer.
  - ✓ Refrigerators should stay at or below 40 F.
  - ✓ Freezers should stay at or below 0 F.

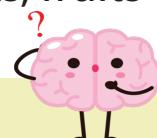


### Prepare foods safely:

- Wash your hands before preparing, cooking or eating.
- Thaw food safely in the refrigerator or under cold running water; thaw food in the microwave only if using right away.
- Don't rinse raw meat or chicken.
- Use separate, clean cutting boards and knives when cutting meats, fruits and vegetables.



### Did you know?



Grocery stores sell pasteurized in-the-shell eggs that have been rapidly heated to kill bacteria and reduce the risk of foodborne illness. Although they may be more expensive, they lower the risk of foodborne illness for eggs that aren't thoroughly cooked. Look for eggs stamped with a "P."

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# Food Safety 2

## Is it done yet?

Storing, preparing and cooking foods to the proper temperature can help prevent foodborne illness.

### Safely store and thaw perishable foods (those that can spoil quickly) by:

- Keeping perishable items such as meat, fish and dairy refrigerated or frozen until needed.
- Separating ready-to-eat items from raw eggs, meat, fish or poultry to prevent cross-contamination.
- Thawing meats in the refrigerator or under running cold water
  - ✓ Never thaw meat at room temperature.
- Using meat thawed in the microwave immediately.
- Refrigerating leftovers right away to stop bacteria from growing at room temperature.



Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 F (62.8 C)
Ground Meats	160 F (71.1 C)
Ground Poultry	165 F (73.9 C)
Ham, Fresh or Smoked (Uncooked)	145 F (62.8 C)
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing)	165 F (73.9 C)
Eggs	160 F (71.1 C)
Fish and Shellfish	145 F (62.8 C)
Leftovers	165 F (73.9 C)
Casseroles	165 F (73.9 C)

### Safely cook foods by:

- Cooking foods to the proper temperature to prevent foodborne illness.
- Following the "stand" time listed in the instructions when microwaving. This allows cooler areas to absorb heat from the hotter areas to complete the cooking process.



### Did you know?

Prewashed vegetables should not be rinsed. Only wash whole fruits and vegetables, including those with a peel such as melons. Rinsing your fruits and vegetables before cutting them lowers the risk of spreading germs from the peel to the inside of the fruit or vegetable.

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# Choosing Healthy Options 1

## Get the most nutrition bang for your buck.

Healthy choices can be made both at home and at a restaurants. Where you eat isn't as important as what you eat.

### Eating at home

Tips for more nutritious options:

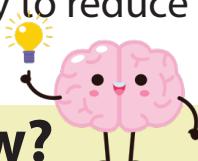
- Eat something from each food group for a balanced meal.
- Use the MyPlate diagram as a guide for good nutrition.
- Choose leaner meat cuts such as chuck, loin and round.
- Drain excess fat into a can when cooking meat or pat down excess fat with a paper towel.
- Make half your grains whole grains.
- Add more herbs and spices for flavor instead of using salt.
- Choose healthier options when baking:
  - Use less sugar in the recipe.
  - Swap out some sugar with fruit (fruit puree, mashed bananas or berries).
  - Use plain applesauce in place of oil the recipe calls for.
  - Add some whole-wheat flour or ground flax seed.
  - Add spices such as cinnamon for more flavor.



### Dining at restaurants

Tips for more nutritious options:

- Choose foods from each food group.
- Choose a smaller sandwich and add extra vegetables.
- Substitute fries with a side salad, vegetables, fruit or baked chips.
- Choose whole grain breads and cereals.
- Choose fruit for your dessert.
- Order the butter on the side and use sparingly to reduce fat.
- Drink milk or juice instead of soda.



### Did you know?

Popcorn is a whole grain and can be a nutritious snack! Go lightly on the butter and salt when you need to keep calories and sodium down.

By Anne R. Lindsay, Ph.D., M.S., FACSM ; Macy Helm ; and Jennifer M. Wood, M.S., RDN, LNHA, CSG

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# Choosing Healthy Options 2

## Healthy eating is homemade!

Cooking at home allows you to make a more nutritious plate.

### Tips for cooking more nutritious meals:

- ✓ Steam, grill, bake, roast, braise or stew your proteins instead of frying.
- ✓ Keep frozen vegetable mixes on hand to easily add colorful variety.
- ✓ Add beans or lentils to your salad for more protein and fiber.
- ✓ Add extra vegetables to homemade casseroles and pasta.
- ✓ Choose corn tortillas over flour tortillas to limit refined grains and to get more whole grain and fiber.
- ✓ Choose whole wheat pastas and whole grain cereals instead of refined grains.
- ✓ Steam vegetables instead of boiling.

Instead of boiling vegetables, place them on a steamer in the pot on the stove (which acts as a small shelf for the vegetable). Fill the water to the level of the steamer and cover the pot so you don't lose important nutrients when cooking. A microwavable steamer is also a good option and can save time.

### Tips for preparing a more nutritious plate:

- ✓ Drink milk or soy milk with meals to increase protein and calcium.
- ✓ Add fruit to yogurt and cereal for sweetness.
- ✓ Keep cut-up fresh fruits and vegetables or single-serving fruit cups on hand to add to your meals.



## Did you know?

Fresh, frozen and canned fruits and vegetables all count towards your daily fruit and vegetable goals. You can rinse canned items to reduce sugar and sodium.

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# Food Resource Management 1

## Stretch your grocery budget!



**Using coupons, choosing generic and using a shopping list can save money at the grocery store:**

- Make a shopping list to only buy items that are needed.
- Use coupons and check out the in-store sales flyer.
- Shop at more than one store if there are items on sale that you enjoy.
- Choose generic brands over name brands; some may be cheaper than the name brand item even when using coupons.
- Plan meals around fruits and vegetables that are in season.
- Cut fruits and vegetables yourself instead of buying precut, if able to do so.
- Include low-cost protein options such as eggs and beans instead of meat.
- Stock up on meat when on sale, and freeze in recipe-sized portions.
- Buy dry goods in bulk (brown rice, oatmeal, cereal, pasta, lentils, beans).



Dry foods have a longer shelf life and can be stored in the pantry longer without going bad.



### Did you know?

Milk packagers use the same milk to fill bottles for both the name brand and the store brand.

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# Food Resource Management 2

## Double your food and half your dollar!

### Save time and money at home:

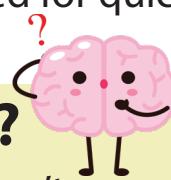
- Double a recipe when planning meals and freeze smaller portions for future use. This works well for soups and casseroles.
- Divide a casserole into two 8-by-8-inch pans instead of a 9-by-13-inch pan. Eat one now and freeze the other for later. Thaw the cooked casserole in the refrigerator prior to reheating it.
- Make items such as meatloaf when ground beef is on sale. Make two loaves and freeze one to bake later.
- Add more vegetables, rice or oatmeal to meatloaf or casseroles.
- Use frozen or canned vegetables in recipes.
- Cook ground beef, drain and freeze in recipe-sized portions.
- Chop leftover onions, peppers and celery to freeze and use in future recipes.



### Use leftovers wisely:



- Plan leftovers for future meals during the week.
- Cook larger cuts of meat (turkey, ham) and chop leftovers for casseroles.
- Use leftover meat in sandwiches such as chicken salad or sliced turkey.
- Freeze leftover meat and vegetables for soups or casseroles.
- Boil chicken or turkey and use the stock for soups.
- Leftover casseroles can be frozen in meal-sized portions.
- Milk can be frozen before expiration and used later for cooking.
- Extra eggs can be hard-boiled for quick snacks.



### Did you know?

Purchasing a product in the largest package doesn't necessarily mean it's cheaper. Remember to look at the unit price to see which one is the best deal.

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# Vitamins

## The ABCs of vitamins!

Vitamins are important for our body and health because they help with growth and repair. There are many vitamins, and they all support different functions in our body.



**Vitamin A helps with eye and vision health.**

Eat more yellow and orange vegetables such as carrots, tomatoes and bell peppers. These are rich in beta carotene.



**Vitamin C boosts your immune system.**

Eat more citrus fruit, sweet peppers, strawberries and cantaloupe to help prevent getting sick.



**Vitamin K improves blood clotting and bone health.**

Foods high in vitamin K include green leafy vegetables such as spinach, broccoli, asparagus, green beans and kiwis.



**B12 improves red blood cells, DNA, brain and nerve cells.**

As people age, it gets harder to absorb vitamin B12, so eat plenty of foods high in vitamin B12 such as liver, clams, tuna, beef, dairy products and fortified cereal.



**Vitamin D builds strong teeth, bones, muscles and mental health.**

The older you get, the more vitamin D you will need. Adults under 70 need 600 IU (15 mcg), and adults over 70 need 800 IU (20 mcg) daily.

Fatty fish and fish oils, fortified milk, yogurt, fortified soy milk and fortified orange juice are good sources of vitamin D. Eggs, commercial mushrooms, fortified cereal and cheese also have vitamin D.



### Did you know?

Some foods, such as leafy green vegetables, may interfere with medications like blood thinners. Eliminating these foods is not always necessary. Instead, it is more important to keep intake of leafy green vegetables consistent (not drastically increasing or decreasing the amount you regularly eat). Your health care provider can help you navigate food and medication interactions.

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# Minerals

## Minerals, they're not just found on the periodic table!

Setting your table with a variety of foods from all the food groups in MyPlate will help you meet your mineral needs, such as calcium, magnesium, potassium and zinc. While food is your best source of minerals, a supplement may be beneficial for some older adults.

Check with your health care provider to see what is best for you.

### Calcium

Helps build muscle strength and keeps your bones and teeth strong



Dairy products  
Fortified nondairy milk  
Tofu  
Nuts  
Leafy greens  
Broccoli  
Fortified orange juice  
Canned seafood

### Magnesium

Helps keep your heart healthy, your mood elevated and your blood sugars in a healthy range

Nuts  
Seeds  
Leafy green vegetables



### Potassium

Helps lower your risk of high blood pressure, kidney stones and osteoporosis



Sweet potatoes  
White potatoes  
Bananas  
Oranges  
Beans  
Yogurt  
Leafy greens  
Prunes



### Zinc

Helps keep your eyes and skin healthy, your immune system strong, and your sense of taste and smell working well

Oysters  
Fortified cereal  
Red meat  
Dark chicken meat  
Pumpkin seeds  
Sunflower seeds



### Did you know?

Adults over 70 years old need more calcium. 1000 mg is the daily recommended amount for adults ages 19-70 years old.  
1200 mg is the recommended amount if you're over 70 years old.

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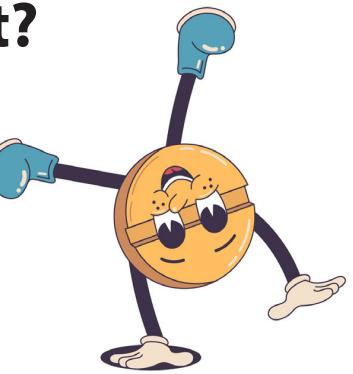


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# Supplements & Medications

## Should I take a nutritional supplement?

Supplements are an added source of nutrition in the form of a pill, powder or liquid that help provide the extra nutrients our bodies need when we are not able to get enough through our diet alone.



Older adults need just as much nutrition as younger adults, sometimes they may even need more.

But as you age, your body may not absorb nutrients as well as it used to, and you may not be able to eat as much as you used to either.

Medications may also change your ability to absorb some nutrients.



- Talk to your health care provider about taking a multivitamin with minerals specifically designed for older adults (may contain less iron).
- If you're having trouble maintaining weight, talk to your health care provider about taking a liquid meal replacement between meals or in the evening to add more calories (energy) and protein.

**If you are eating a diet high in nutrient-rich foods with adequate calories (energy) and protein, you may not need a supplement. Check with your health care provider on what is best for you because taking a supplement depends on many factors.**

### Did you know?



The Food and Drug Administration (FDA) only regulates *food and medications*. Dietary supplements, energy drinks and diet products are not considered food or medication, therefore are not regulated. Talk to your health care provider.

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