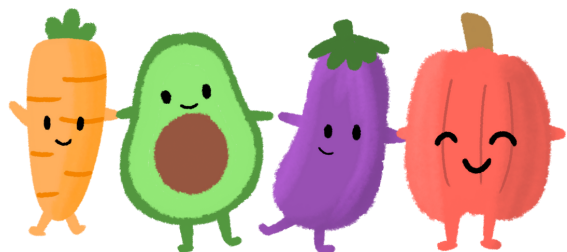


EATING SEASONALLY

Seasonal eating means eating foods that naturally grow during the current season such as eating strawberries in the summer.

Eating seasonally has many benefits:

1. Getting the most nutrients- When you consume fruits and vegetables at their peak freshness they have more nutrients than when they are not in season.
2. Saving money- When foods are in season, the supply is increased. This typically decreases their price.
3. Helping the environment- food does not have to travel as far to get to you when you eat what is in season. This reduces greenhouse gas emissions.



THE ONONDAGA COUNTY
DEPARTMENT OF
ADULT & LONG TERM CARE
SERVICES

OFFICE FOR AGING

(315) 435-2362

WWW.ONGOV.NET/AGING

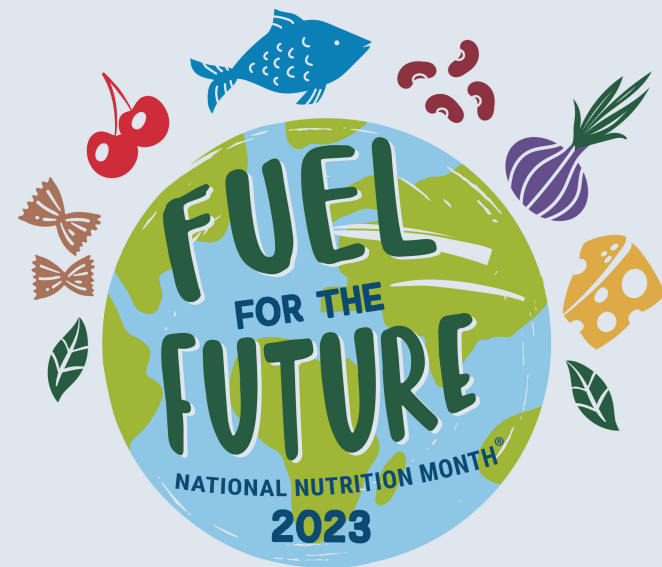


J. RYAN MCMAHON, II
COUNTY EXECUTIVE

JOANNE SPOTO-DECKER
COMMISSIONER

FUNDED BY: ADMINISTRATION FOR
COMMUNITY LIVING, NEW YORK STATE
OFFICE FOR AGING & ONONDAGA
COUNTY OFFICE FOR AGING

**IN CASE OF A LIFE THREATENING
EMERGENCY - CALL 911**



**OPTIMIZE YOUR
HEALTH THROUGH
FOOD**



FUELING YOUR BODY

IMPORTANCE

It is very important to fuel your body properly to ensure proper body functions and prevent malnutrition.

This results when someone is not eating enough food from each group to ensure a balanced diet.

Malnutrition in older adults can lead to health risks such as anemia, frailty, diabetes, cardiovascular disease, and other chronic conditions.

NUTRITION REQUIREMENTS FOR SENIORS

Nutrition requirements can vary between individuals. The following are recommendations for older adults based on a 2,000 calorie diet.

- 2.5 cups of vegetables
- 2 cups of fruit
- 6 ounces of grains
- 3 cups of dairy
- 5.5 ounces of protein

SOURCE: MyPlate, DGA, AHA

WHAT SHOULD BE ON MY PLATE?

You can enjoy a variety of foods from each food group. Remember to:

- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

