

Slide Deck Overview

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Suggested citation

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Older Adults



DGA | Dietary Guidelines for Americans

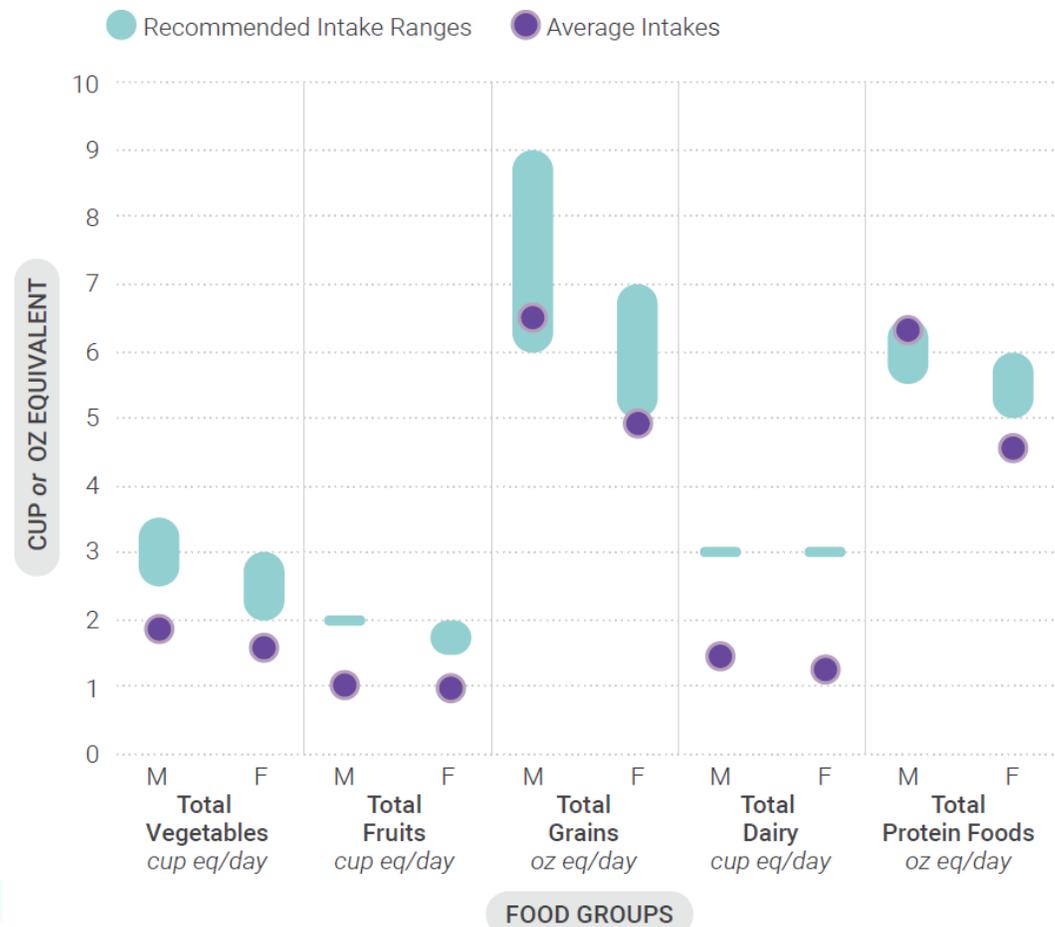


Healthy U.S. Style Dietary Pattern: Older Adults Ages 60 and Older

CALORIE LEVEL OF PATTERN ^a	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP ^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
Vegetables (cup eq/day)	2	2 ½	2 ½	3	3	3 ½
	Vegetable Subgroups in Weekly Amounts					
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	1 ½	2	2	2 ½
Red & Orange Vegetables (cup eq/wk)	4	5 ½	5 ½	6	6	7
Beans, Peas, Lentils (cup eq/wk)	1	1 ½	1 ½	2	2	2 ½
Starchy Vegetables (cup eq/wk)	4	5	5	6	6	7
Other Vegetables (cup eq/wk)	3 ½	4	4	5	5	5 ½
Fruits (cup eq/day)	1 ½	1 ½	2	2	2	2
Grains (ounce eq/day)	5	6	6	7	8	9
Whole Grains (ounce eq/day)	3	3	3	3 ½	4	4 ½
Refined Grains (ounce eq/day)	2	3	3	3 ½	4	4 ½
Dairy (cup eq/day)	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5	5 ½	6	6 ½	6 ½
	Protein Foods Subgroups in Weekly Amounts					
Meats, Poultry, Eggs (ounce eq/wk)	23	23	26	28	31	31
Seafood (ounce eq/wk)	8	8	9	9	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	4	5	5	5	5
Oils (grams/day)	22	24	27	29	31	34
Limit on Calories for Other Uses (kcal/day) ^c	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	7%	8%	12%	12%	13%	5%

Current Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

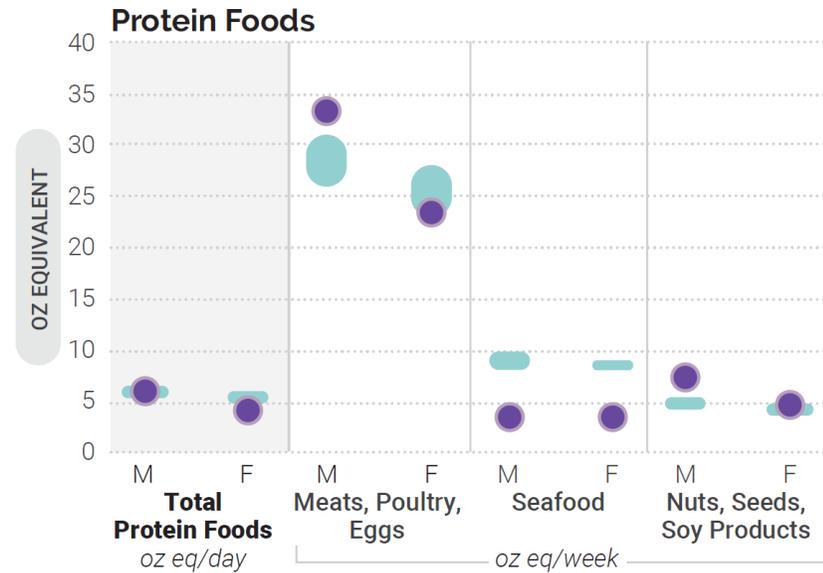
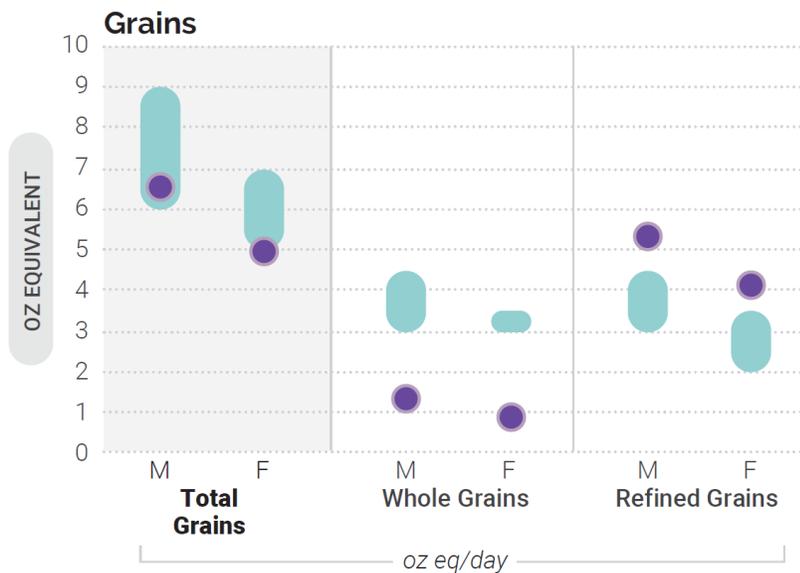
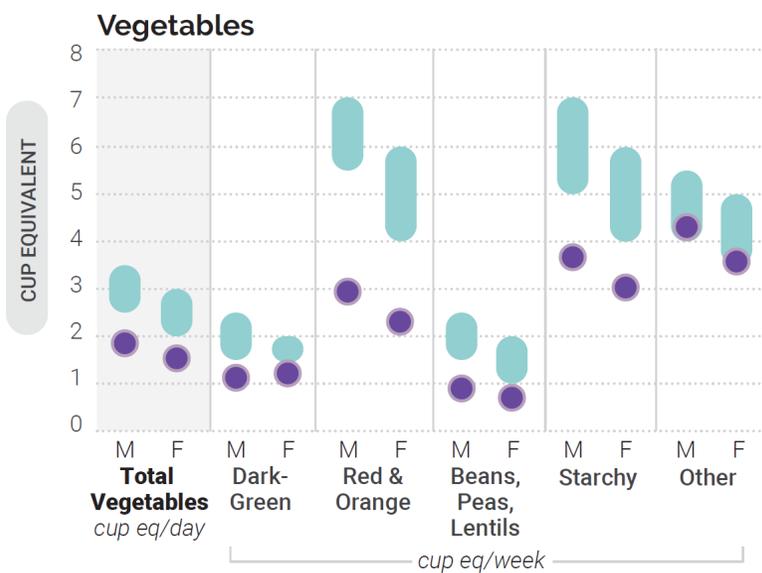


Healthy Eating Index Score (on a scale of 0-100)



Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 60 and Older

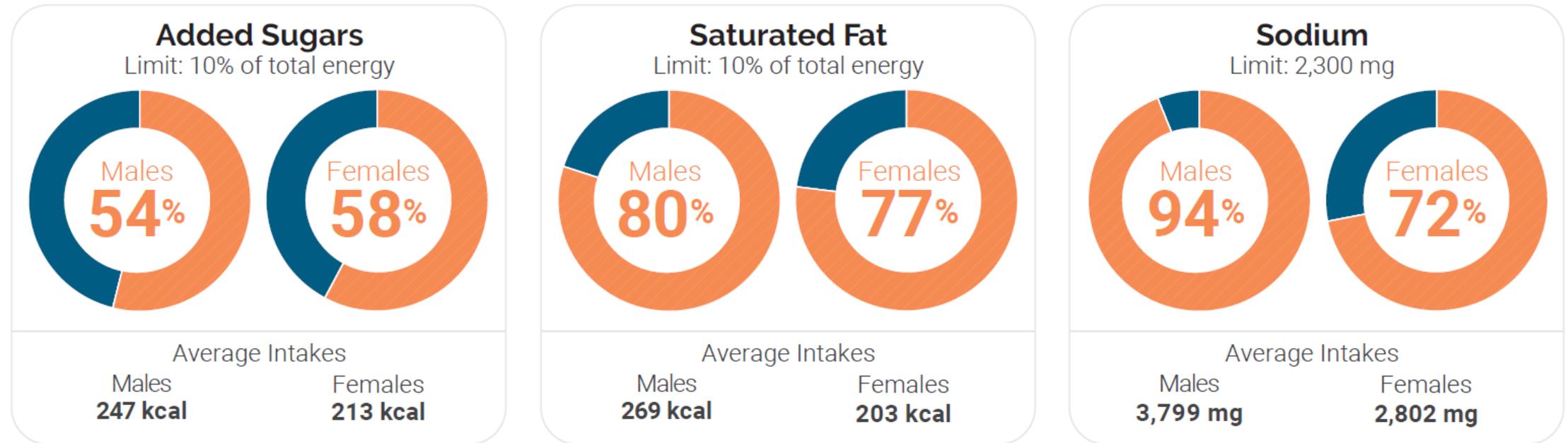
● Recommended Intake Ranges ● Average Intakes



Current Intakes: Ages 60 and Older Added Sugars, Saturated Fat & Sodium

Percent Exceeding Limits of Added Sugars,
Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



Special Considerations: Older Adults

- Consuming enough protein is important to prevent the loss of lean muscle mass that occurs naturally with age.
- The ability to absorb vitamin B₁₂ can decrease with age and use of certain medications can decrease absorption.
- Drinking plenty of water and other nutrient-dense beverages (e.g., 100% fruit or vegetable juice and low-fat or fat-free milk) will help older adults stay hydrated.
- The effects of alcohol may be experienced more quickly. Older adults can choose not to drink or drink in moderation (i.e., 2 drinks or less in a day for men and 1 drink or less in a day for women).





Supporting Healthy Eating: Older Adults

- Sharing meals with friends and family can help increase food enjoyment and promote adequacy of dietary intake.
- Identifying textures that are acceptable, appealing, and enjoyable is important for adults who have difficulties chewing or swallowing.
- Practicing safe food handling procedures is of particular importance for older adults due to a decline in immune system function that accompanies age.



Resources: Older Adults

Federal Resources

	Congregate Nutrition Services
	Home-Delivered Nutrition Services
SNAP	Supplemental Nutrition Assistance Program
CSFP	Commodity Supplemental Food Program
CACFP	Child and Adult Care Food Program

