

# MyPyramid for Older Adults

STEPS TO A HEALTHIER YOU



| Grains                                                          | Vegetables | Fruits | Milk | Meat & Beans |
|-----------------------------------------------------------------|------------|--------|------|--------------|
| ▲ Oils are not a food group, but you need some for good health. |            |        |      |              |

Choose fiber-rich foods often.

Drink water and other beverages that are low in added sugars.



Use fortified foods or supplements to meet your vitamin D and vitamin B<sub>12</sub> needs.