

The Doctor Wants Me to Eat Healthier. How Do I Do That?

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MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least $\frac{1}{2}$ should be whole grains.

Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity

Drink it all in!

- Water or flavored water
- 100% juice
- Coffee or tea
- Milk or plant milks
- Soups
- Smoothies
- Health shakes
- Gelatin
- Popsicles

LIMIT: Alcohol



Focus on Foods with Fiber

- Variety
- Vitamins and Minerals
- Carbs protect your muscles





yogurt

Protein

The Geriatric Dietitian



beef



spinach



milk



oatmeal



salmon



quinoa



eggs



chicken



almonds



lentils

Additional Resources

- [2020-2025 USDA nutrition recommendations for people 60+ years old](#)
- [Tufts University “MyPlate for Older Adults” downloadable infographic and website](#)

Follow [@The_geriatric_dietitian](#) and visit her website [Thegeriatricdietitian.com](#)

Cooking with disabilities:

Jules Shered is a UK-based cooking and garden blogger. This website offers recipes that are adjusted to be inclusive for people with disabilities and neurodiversity. [Disabled kitchen and garden](#)

The next 3 links are website that offer kitchen gadgets and tools that are designed for people with physical limitations such as muscle weakness, decreased vision, people who need wheelchairs, etc.

- [Rehab Mart](#)
- [Ability superstore](#)
- [Wellness for KY](#)

For more kitchen items like this, Amazon.com or Etsy.com. Try using the following search terms to get you started:

- Adaptive kitchen equipment
- Cooking tools for arthritis