

Keys to Healthy Eating

Following the Pyramid can make a big difference in the well-being of seniors!

Find your balance between food and physical activity. Be physically active 30 minutes every day.

Focus on fruits. Eat a variety. You need 1½ to 2 cups each day.

Vary your veggies with green and orange such as broccoli, kale, dark leafy greens, sweet potatoes and squash. Include beans and peas. You need 2 ½ cups each day.

Get your calcium-rich foods. Have 3 servings of milk or dairy products each day.

Make half your grains whole. Aim for at least 3 whole grains a day.

Go lean with protein. Vary your protein choices with lean meats, poultry, fish, beans, peas, nuts and seeds.

Know the limits on fats, salt and sugars. Look for foods low in saturated fats and trans-fats. Choose and prepare foods and beverages with little salt and/or added sugars.

Drink eight cups of liquid daily – whether you're thirsty or not.



Eat Your Colors

It's not just a matter of eating more fruit and vegetables; a variety of different colored produce is important as well.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks

Choose Peas, Broccoli, Cucumber, Zucchini, Green Apples, and Honeydew



Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers

Choose Sweet Potatoes, Yellow Corn, Pumpkin, Carrots, Peaches, Cantaloupe, and Nectarines



White, tan, and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks

Choose Pears, Cauliflower, Mushrooms, Garlic, Onions, Parsnips, Turnips, and Potatoes



Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks

Choose Grapes, Plums, Eggplant, Blueberries, Blackberries, Purple Cabbage, Purple Potatoes



Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks

Choose Watermelon, Beets, Tomatoes, Cherries, Red Grapes, Red Peppers, and Rhubarb



Virginia Department for the Aging

1610 Forest Avenue, Suite 100
Richmond, VA 23229
Toll-Free: 1-800-552-3402
(Nationwide Voice/TTY)
Phone: (804) 662-9333
Fax: (804) 662-9354
E-mail: aging@vda.virginia.gov
Website: vda.virginia.gov

