

Nutrition and Oral Health

for Older Adults

HEALTHY FOODS



Healthy eating can have positive effects on healthy aging in your mouth and body. When choosing what to eat and drink, even when on a soft or pureed diet, pick foods that are full of nutrients. Talk to your healthcare provider or a dietician.



Make half your plate fruits and vegetables – focus on **whole fruits**



Vary your **protein** routine



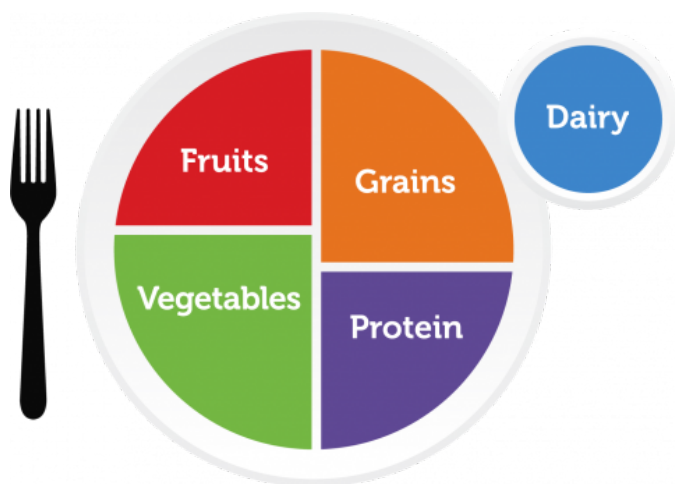
Make half your plate fruits and vegetables – eat a **variety** of vegetables



Move to **low-fat** or **fat-free** dairy milk or yogurt



Make half your grains **whole** grains



Visit [MyPlate.gov](https://www.MyPlate.gov) to learn how much you need from each food group. Get a personalized MyPlate Plan that's right for you, based on your age, sex, height, weight, and physical activity level.

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