MyPlate for Older Adults

- Frozen Berries
- Mixed Dried Fruit
- Fortified Whole Grains
- Oats
- Non-Fat Yogurt
- Soft Spreads
- Baby Carrots
- Broccoli
- Frozen Peas
- Tomatoes
- Low Sodium
- Fruits (strawberries, grapes, peaches)
- Cold Cuts
- Peanuts
- Beans
- Tofu
- Whole Grains
- Milk
- OJ
- Fat Free

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