As you age, eating a diet rich in fruits and vegetables gives new protective benefits of antioxidants and phytonutrients. Brightly colored yellow, orange, and green fruits and vegetables are rich in beta carotene, which our body makes into Vitamin A. Beta carotene is an antioxidant. Antioxidants help your body fight infections and diseases.

Phytonutrients are naturally occurring ingredients found only in plant foods—fruits, vegetables, legumes, herbs, and spices. Research shows that phytonutrients may protect or decrease your risk against cancer and heart disease.

An orange has more than 170 phytonutrients in its color, skin, oil, pulp, & flavor, which may protect your health.

As You Age ... Medicare
- Medicare is a national insurance program for persons over 65 (and selected other groups) if they or their spouses have worked 40 quarters in employment that paid into Social Security.
- Medicare is composed of Part A (hospital insurance) and Part B (supplemental medical insurance).
- The Health Care Financing Administration (HCFA) is the federal agency responsible for Medicare.
- Medicare + Choice is a new health plan that includes coverage for preventive care services.
Color Your Plate
Add color and flavor to your plate for health benefits and a visually appealing meal or snack.

Mix and match 3 colorful plant foods on your plate. For example, oatmeal (brown) with strawberries (red) served with orange juice (orange).

Make a "Phyto" Fruit Salad.
1. Name one colorful fruit.
2. Name a different colored fruit.
3. Add an herb or spice like mint.

Food Guide Pyramid for Persons 70+
These symbols show fat and added sugars in foods.
- Fat (naturally occurring and added)
- Sugars (added)
- Fiber

Remember
- Less is best when adding sauces, sugars, butter, or oils.
- Add herbs and spices for flavor and phytonutrients.
- Mix fresh, canned, dried, and frozen fruits.
- Add 100% fruit juice with a meal or snack.

Persons aged 70+ may need calcium, vitamin D, or vitamin B-12 supplements.
Recipe for a "5 A Day" Plate

It is really easy to eat two or more fruits a day. Fruits can be eaten or prepared in many ways—fresh, baked, broiled, boiled, stewed, microwaved, or grilled. Here are some examples of easy preparation methods to eat the "5 A Day" way. Circle one fruit dish for each meal that is a good option for you.

**Breakfast:**
- Fruits on cereals or pancakes
- 100% juices
- Broiled bananas with cinnamon

**Lunch:**
- Gelatin fruit salads
- Fruit and cheese salads
- Baked or microwaved pears, peaches, or apples

**Dinner:**
- Apple and cabbage coleslaw
- Apple sauce with raisins
- Stewed dried apricots and prunes in apple juice

**Snacks:**
- Slices of melons
- Fruits canned in light syrup
- Dried fruit mixes
- Blended fruit and milk drinks
- Pudding or yogurt with fruit
As you age, you prepare and select many “ingredients” to live a healthy and active life. As you participate in the “As You Age” educational programs for senior adults, you will learn about new and old preparation skills and ingredients to use in your life. Put this “Recipe for Healthy Aging” card where you can see it. Try to do all of these healthy aging practices every day!

Preparation
1. Select a new topic or area of interest to learn about your own aging. Pursue a creative outlet for your interests.
2. Find resources on aging and become your own expert on a particular aging issue.
3. Learn about health-related changes as you age. Practice healthy physical and mental habits.
4. Ask your friends to participate in activities that you enjoy.
5. Set specific age-related goals and work to achieve them.
6. Encourage other older persons to take up active aging.
7. Communicate with one person each day.

Ingredients
1. Eat a variety of nutrient-dense foods from the Food Guide Pyramid.
2. Eat a fiber-rich diet.
   - Choose a variety of whole wheat foods, such as barley, whole wheat bread, cereals, oatmeal, brown rice, or whole wheat pasta to your diet.
   - Choose a variety of colorful fruits as snacks, part of a meal, or as dessert-apples, bananas, pears, peaches, strawberries, & melons (fruits contain vitamins, minerals, and antioxidants).
   - Choose a variety of colorful vegetables, such as broccoli, bell peppers, carrots, collard greens, kale, & spinach (vegetables contain vitamins, minerals, and phytochemicals).
3. Eat at least 3 servings of calcium-rich foods.
   - Choose a variety of calcium-rich foods, such as milk products, yogurt, cheese, greens, broccoli, sardines with bones, or tofu.
   - Choose Vitamin D fortified foods, such as fluid milk, dried milk products, and cereals.
4. Eat a protein-rich diet.
   - Choose a variety of fish, lean meats, dairy foods, and dried beans and peas for needed protein. Vitamin B-12 is found in animal proteins.
5. Drink enough fluids.
   - Drink 8 glasses of water, or other fluids (100% fruit juices, beverages, or soup).
   - Drink tea, coffee, and caffeinated sodas in moderation.

Directions
1. Mix the above ingredients together to create colorful meals and snacks. Try to eat smaller, more frequent meals.
2. Share healthy foods with family and friends.
3. Discover new ways to prepare foods to meet age-related changes.