

Nutrition Resources

for Older Adults

Dietary Guidelines 2010

www.dietaryguidelines.gov (available as pdf download)

My Plate

<http://www.choosemyplate.gov/> (includes specific population info on weight loss)

Tufts My Plate for Older Adults

<http://now.tufts.edu/news-releases/tufts-university-nutrition-scientists-unveil->

MyPyramid Modified for Older Adults

<http://fycs.ifas.ufl.edu/Extension/HNFS/ENAFS/MyPlate.php>

American Institute for Cancer Research (AICR) <http://www.aicr.org> (can order up to 6 free brochures)

- The New American Plate
- Nutrition after Fifty
- Cooking Solo: Homemade for Health

National Institute on Aging (NIA)

- What's on your Plate- Smart Food Choices for Healthy Aging
http://www.nia.nih.gov/sites/default/files/whats_on_your_plate.pdf
- Health Eating after 50 <http://www.nia.nih.gov/HealthInformation/Publications/healthyeating.htm>
- Dietary Supplements
<http://www.nia.nih.gov/health/publication/dietary-supplements>

Office of Dietary Supplements

- Fact Sheets <http://ods.od.nih.gov/factsheets/list-all/>
- Tips for Older Supplement Users
<http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm110493.htm>

Weight-control Information Network (WIN)

- Young at Heart <http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf>

Nutrition Assessments (to identify at risk, malnutrition in older adults)

- DETERMINE checklist
http://nutritionandaging.fiu.edu/downloads/NSI_checklist.pdf
- MNA Mini Nutritional Assessment
http://www.mna-elderly.com/forms/mini/mna_mini_english.pdf
- MUST Malnutrition Universal Screening Tool (British)
http://www.bapen.org.uk/pdfs/must/must_full.pdf

Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness
<http://www.eatright.org/About/Content.aspx?id=8374>