

# Nutrition Resources

## *for Older Adults*

### **Dietary Guidelines 2010**

[www.dietaryguidelines.gov](http://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](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](http://nutritionandaging.fiu.edu/downloads/NSI_checklist.pdf)
- MNA Mini Nutritional Assessment  
[http://www.mna-elderly.com/forms/mini/mna\\_mini\\_english.pdf](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](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>