

## Nutrition

### **My Plate for Older Adults**

In 2011, the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) released *MyPlate for Older Adults* as a icon to provide food, fluid and physical activity guidance specifically tailored for older adults. In 2015, the HNRCA partnered with AARP Foundation in conjunction with the updated [2015-2020 Dietary Guidelines for Americans](#) to revamp *MyPlate for Older Adults*. The new plate gives special attention, with the expertise of AARP Foundation, to fully target various demographics and food access issues relevant to the 50+ population. For more information, go to: <http://hnrca.tufts.edu/myplate/>.

### **Nutritional Advice from the U.S. Department of Agriculture**

The United States Department of Agriculture's (USDA) "Choose My Plate" Internet site offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. This excellent site offers many helpful tools like their "SuperTracker," BMI Calculator, quizzes, videos, recipes & menus, food safety, dietary guidelines, advice for older adults, and much more. To view their site, go to: <http://www.choosemyplate.gov/>.

### **Seafood Selection Guide**

EDF Seafood Selector Guide: The Environmental Defense Fund (EDF) Seafood Selector stands apart from other seafood guides because they work with troubled fisheries to improve management and conservation, which can improve their ratings over the long run. The guide covers the kinds of fish and shellfish you are most likely to see in your local supermarket or restaurant. Low-contaminant fish are an important part of a healthy diet, and EDF encourages people to consume fish that are caught or farmed in an environmentally responsible manner. Their scientists collect the latest information on omega-3s and mercury in seafood to provide the best recommendations possible. To view their guide, go to: <http://seafood.edf.org/>.