Daily Needs

Mary Darling

Janet Wesselman

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Eat good food
for good times
and good health

Nutrition for Seniors

Daily Needs
Top level performance comes with top grade nutrition.

Cooperative Extension Service
Purdue University
West Lafayette, Indiana
Four “Fuels”

A variety of “fuels” are needed every-day to keep people going. Just as a car needs air, gasoline, oil, and water, you need a variety of foods—all at the same time.

The nutrients from food work together to make your body function at its best each day.

Select food-fuels from each food group keeping in mind the number of servings.

Practice

good eating habits
for greater economy
and satisfaction

Eat the Right Number of Calories for Proper Weight

Use —
–canned, frozen, and fresh fruits
and vegetables
–baked and broiled meat
–whole grain or enriched bread
and cereal
–skim milk or nonfat dry milk

Limit Your Use of—
–alcoholic and carbonated beverages
–gravy, toppings, cream
–pastries and desserts
–cookies and baked goods
–fried foods

To Tempt Your Appetite
Keep in Mind:
–colorful foods
–textures – crisp, smooth
–shapes
–temperatures – cold, hot
–flavors – sweet, salty, sour, bitter

Daily Food Guide

Milk Group — 2 servings
–milk, cheese,
  cream soups, ice cream,
  cottage cheese,
  custard, dried milk

Meat Group — 2 servings
–beef, pork, poultry
–dried beans, nuts
–eggs
–fish

Fruit and Vegetable Group
— 4 servings
–juices, soups, salads
–raw and cooked vegetables
–fruits for snacks, salads,
  and dessert

Bread and Cereal Group
— 4 servings
–sandwiches, cereal, crackers
–macaroni, rice, muffins,
–rolls, biscuits

Other Foods —
–seasonings, toppings
–jelly, jam, honey
–relishes, pickles
–salad dressing
–butter, margarine