Whole-Person Wellness

Eating Well as Older Adults

Daily calorie intake differs from person to person. The National Institute on Aging recommends:

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not physically active:</td>
<td>1,600 calories</td>
<td>2,000 calories</td>
</tr>
<tr>
<td>Somewhat physically active:</td>
<td>1,800 calories</td>
<td>2,200-2,400 calories</td>
</tr>
<tr>
<td>Physically active lifestyle:</td>
<td>2,000-2,200 calories</td>
<td>2,400-2,800 calories</td>
</tr>
</tbody>
</table>

Modified Food Pyramid for Older Adults

The USDA food pyramid, known as MyPyramid, contains recommendations based on the Dietary Guidelines for Americans. In 2007, researchers from Tufts University in Boston, Massachusetts developed a Modified Food Pyramid for Older Adults that complements the USDA’s MyPyramid. The Modified Food Pyramid for Older Adults contains 8 sections. These sections include information on the following:

- Whole, enriched, and fortified grains and cereals
  - Six or more servings is recommended from mainly whole grains
- Vegetables (fresh, frozen, or canned)
  - Depicts options for getting the recommended 3 or more servings
- Fruit (fresh, frozen, or canned)
  - Depicts options for getting the recommended 2 or more servings
- Liquid vegetable oils and soft spreads low in saturated fats
  - Use sparingly and choose vegetable oils like canola, soybean, corn, and olive
- Dairy products
  - Eating 3 or more servings of low or non-fat dairy products is recommended
- Dry beans and nuts, fish, poultry, lean meat, and eggs
  - Eating 2 or more servings is recommended
- Fluid intake
  - Depicted as a row of glasses, this part of the pyramid emphasizes the recommendation to consume eight 8-ounce glasses of water or beverages like milk, tea, coffee, and fruit or vegetable juice
- Physical activity
  - Serving as the base of the pyramid, this component illustrates physical activities that are suitable for older adults.

There are general recommendations and may not be appropriate for everyone. Please consult with your healthcare provider regarding your individual needs.
In addition to the 8 sections, there is a flag at the top of the pyramid indicating the specific need for vitamin B-12, vitamin D, and calcium. It is recommended that adults over 50 need the following amounts:

- **Calcium** – 1,200 milligrams (mg)
- **Vitamin D** – no more than 400 International Units (IU) for adults 51-70 and no more than 600 IU for those over 70
- **Vitamin B12** – 2.4 micrograms (mcg)

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