

Simple Nutrition for Everyday Wellness

Eating well supports independence, strength, energy, and enjoyment of daily life. Small choices add up...progress—not perfection—is the goal.

Fruits

Naturally sweet, naturally nourishing

Fruits provide important vitamins, antioxidants, and fiber that support heart health, digestion, and immunity.

Helpful tips:

- Choose whole fruits when possible, for more fiber
- Fresh, frozen, or canned (in juice or light syrup) all count
- Soft fruits like bananas, berries, or canned peaches are easier to chew

Vegetables

Color = nutrition

Vegetables are rich in vitamins, minerals, and fiber that support vision, digestion, and disease prevention. Eating a variety of colors helps ensure you get a wide range of nutrients.

Helpful tips:

- Mix raw and cooked vegetables for variety
- Cooked vegetables are often easier to chew and digest
- Frozen or canned vegetables are just as nutritious as fresh

Grains

Fuel for steady energy

Grains provide the body with energy and help keep digestion regular. Whole grains contain more fiber and nutrients than refined grains.

Helpful tips:

- Choose whole grains when you can, but enjoy what works for you
- Soft grains are easier to eat and digest

Protein

Strength, healing, and muscle support

Protein helps maintain muscle mass, supports healing, and keeps you feeling full longer—especially important as we age.

Helpful tips:

- Include protein at every meal
- Choose soft or moist protein options if chewing is difficult

Dairy

Strong bones and muscles

Dairy foods provide calcium, vitamin D, and protein to support bone health and strength.

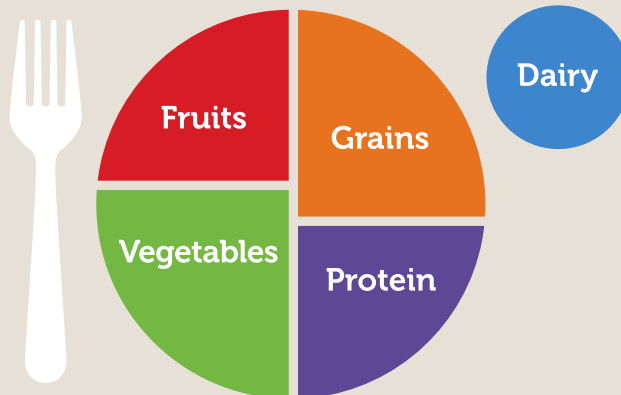
Helpful tips:

- Low-fat or fat-free options are encouraged
- Lactose-free or fortified plant alternatives work well, too

MyPlate.gov Guidelines

No meal has to be perfect!

Balance over time matters most.



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