



Fruits

Choose whole fruits when you can

Fresh, frozen, or canned fruits add vitamins, fiber, and natural sweetness. Whole fruits help support digestion and heart health.

Vegetables

Enjoy a variety of colors

Different vegetables provide different nutrients. Try mixing cooked and soft options to make meals easier to chew and digest.

Grains

Choose whole grains more often

Whole grains help with digestion and provide lasting energy. Look for oatmeal, whole-wheat bread, brown rice, or quinoa.

Protein

Include protein at every meal

Protein helps maintain muscle strength and supports healing. Good choices include eggs, fish, poultry, beans, nuts, and dairy.

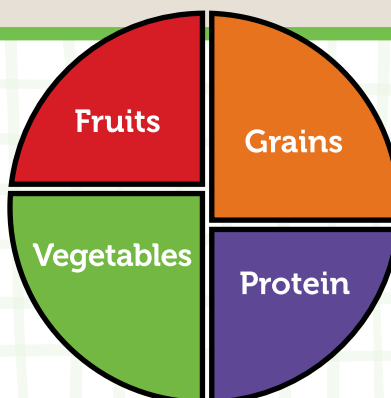
Dairy

Support bone health

Low-fat or fat-free milk, yogurt, and cheese provide calcium and vitamin D. Lactose-free or fortified alternatives are good options, too.

MyPlate.gov Guidelines

No meal has to be perfect! Balance over time matters most.



Small choices add up to better health.