The Dish on Diet after 50

**EAT FROM THE RAINBOW**

BUILD BONE WITH CALCIUM AND VITAMIN D

- OLDER ADULTS NEED 3 daily servings

FILL UP ON FRUIT

- OLDER ADULTS NEED 1½ cups of fruit every day

BRING MEALS TO LIFE WITH HERBS AND SPICES

FIND MORE FIBER

- Older adults should get 20-30 grams per day.

**CUT DOWN ON SALT**

- Older adults shouldn't get more than 1,500 milligrams a day
  - 2/3 teaspoon

**STAY HYDRATED**

**SOURCES:**
- Academy of Nutrition and Dietetics: "Nutrition for Older Men."
- American Academy of Family Physicians: "Healthy Habits at Age 60 and Beyond."