

A quick and easy meal that can be made for one or two older adults is the following wrap recipe. It contains canned and frozen vegetables and makes it easy to stay on track with portion sizes.

Black Bean Wraps



Ingredients:

- 1 large whole grain tortilla
- 1/3 cup salsa
- 1/3 cup low sodium black beans
- ¼ cup frozen corn
- ¼ avocado, chopped
- 1 T. sliced black olives
- 1 large handful greens
- 2 sprigs cilantro, optional

Directions:

1. Place frozen corn in a strainer and rinse with warm water for about ½ minute until thawed.
2. Warm tortilla in microwave for about 30 seconds.
3. Pour salsa in a strip on the half of the tortilla that's closest to you.
4. Spread black beans, corn, avocado, and olives over salsa.
5. Tear leaves off cilantro stems and sprinkle over bean mixture.
6. Top with greens.
7. Fold side edges of wrap over the ingredients and then roll from the front edge to closest to you.
8. Slice the wrap in half and enjoy!

The revamped MyPlate for Older Adults icons was recently unveiled featuring healthy foods straight from the plate. The MyPlate for Adults is based on the 2015-2020 Dietary Guidelines for Americans. Most guidelines apply to adults of any age, while the new MyPlate offers adjustments to meet the needs of older Americans.

The highlights of this new healthy plate include:

- **Half the plate should be fruits and vegetables.** Be sure to get a variety of colorful choices. Dark, leafy vegetables are particularly rich in nutrients, and plant-based foods are a good source of fiber. Berries contain nutrients which may protect aging brains.
- **Frozen and canned foods are okay.** For older adults, canned and frozen foods can be convenient alternatives. They also have a longer shelf life and may simplify portion control. Canned goods should be packed in their own juices and be low in sodium for the most health benefits. Frozen vegetables can be easy to prepare and also minimize waste.

- **Calories are important.** As people age, their need for energy from food, calories, decreases. It's important to eat nutrient-dense foods, which can give older adults more nutrition with fewer calories.
- Salt should be limited. Adults over 51 should have no more than 1500 mg sodium daily. As we grow older, our taste buds change, but salt is problematic and has been linked to chronic disease. As a healthy alternative, herbs and spices can enhance the flavor of foods without bumping up blood pressure.
- **Healthy fats are key.** Liquid vegetable oils and soft margarine fill the center of the MyPlate circle. They provide an important source of fatty acids.
- **Remember your fluids.** Water, tea, coffee, soups and even fruits and vegetables provide essential fluid. When we get older, there can be a disconnect between thirst and hydration, so it's important to drink plenty of fluids.
- **Protein comes in many sources.** Nuts, beans, fish, lean meat and eggs all provide protein. MyPlate recommends choosing a variety of sources, including dairy products.
- **Stick with low-fat and fat-free dairy.** Milk, cheeses and yogurt contain calcium, protein and other important nutrients.
- **Grains provide fiber.** Whole grains such as whole grain pasta and breads and cereal provide us with fiber and B vitamins.
- **Stay active.** Physical activity is included on the MyPlate icon with symbols of walking, biking and swimming. Regular exercise is important for the health of seniors.

MyPlate for Older Adults

Fruits & Vegetables

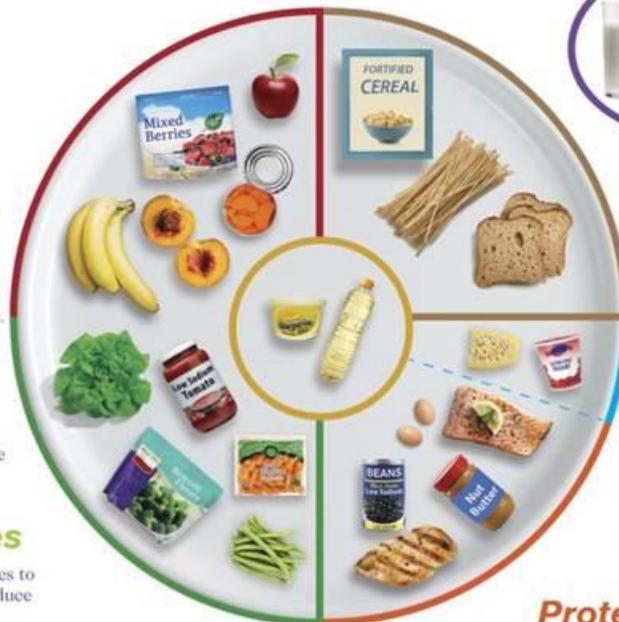
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

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