Pennsylvania Department of Aging
Internet Nutrition Resources

Healthy Eating for Senior Adults

Eating Well Over 50: Nutrition and Diet Tips for Healthy Eating as You Age

http://www.helpguide.org/life/senior_nutrition.htm#feed

Foodsense Nutrition Education: Eating Well for Healthy Adults

http://extension.usu.edu/files/publications/factsheet/pub_4803206.pdf

NIH Senior Health: The Benefits of Eating Well

http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html

The American Dietetic Association: Resource List of Nutrition Articles for Older Adults

http://www.eatright.org/Public/list.aspx?TaxID=6442452015

"Young *at Heart" booklet, Health Tips for Older Americans*
http://win.niddk.nih.gov/publications/young_heart.htm

Healthy Living for Cancer Prevention

http://preventcancer.aicr.org/site/DocServer/Nov2007_After_50_FINAL.pdf?docID=1571

Healthy Recipes

Browse hundreds of healthy recipes from the Mayo Clinic

http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex

Meal planning and recipes from the Dairy Council

http://www.mealsmatter.org

25 Easy Recipes for Senior Nutrition

http://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutritio/

Pennsylvania Department of Aging
Internet Nutrition Resources

Dietary Guidelines for Americans

Food tips for healthy eating using the MyPlate model

http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf

Food tips and recipes for healthy eating using the MyPlate model

www.aicr.org/new-american-plate/reduce_diet_new_american_plate_recipes.html

Smart food choices for healthy aging

www.nia.nih.gov/health/publication/whats-your-plate?utm_source=20130905_WOYP&utm_medium=email&utm_campaign=ealert

Healthy Recipes

Browse hundreds of healthy recipes from the Mayo Clinic

http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex

Meal planning and recipes from the Dairy Council

http://www.mealsmatter.org

25 Easy Recipes for Senior Nutrition

http://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutritio/

Healthy Restaurant Choices

Healthy food searches for favorite restaurants

http://www.healthydiningfinder.com/home

Tips for healthy fast food choices

http://www.helpguide.org/life/fast_food_nutrition.htm

The DASH Diet: Healthy Eating to Lower Blood Pressure

an overview of the healthy DASH food plan with recipes

http://www.dashdietoregon.org/

Explanation of the DASH diet and how it improves health
http://www.mayoclinic.com/health/dash-diet/HI00047

Comprehensive 65 page booklet about the Dash Diet
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Diet and Memory

Guide to memory boosting foods

http://www.eatright.org/Public/content.aspx?id=6442477741

Coping with memory loss
http://www.fda.gov/forconsumers/consumerupdates/ucm107783.htm

Weight Management

Get the Most Nutrition Out of Your Calories
http://www.health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAnutrition.pdf

For a Healthy Weight, Find Your Balance Between Food and Physical Activity
http://www.health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAweight.htm

Malnutrition

Senior health: How to prevent and detect malnutrition

http://www.mayoclinic.com/print/senior-health/HA00066/METHOD=print

Unexplained weight loss

http://www.mayoclinic.com/health/unexplained-weight-loss/MY00713/METHOD=print

Senior Farmer's Market Nutrition Program

USDA Senior Farmers' Market Nutrition Program Information Sheet
http://www.fns.usda.gov/wic/SFMNP-Fact-Sheet.pdf

Search for Local Farm Markets

http://search.ams.usda.gov/farmersmarkets/

Dietary Supplements

Q&A on Dietary Supplements
http://www.fda.gov/Food/DietarySupplements/QADietarySupplements/default.htm

Dietary Supplement: What You Need to Know
http://www.fda.gov/downloads/Food/DietarySupplements/UCM240978.pdf

Tips for Older Dietary Supplement Users

http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm110493.htm

Diabetes Information

NIH Booklet, "The Power to Control Diabetes"

http://ndep.nih.gov/media/NDEP38_PowertoControl_4c_508.pdf

The Diabetes Diet, and links to other information about Diabetes
http://www.medicinenet.com/diabetic_diet/article.htm

What You Need to Know About Eating and Diabetes

http://www.diabetes.niddk.nih.gov/dm/pubs/eating_ez/

Diet and Kidney Disease

Living with Kidney Disease: Diet and Lifestyle Changes

http://nkdep.nih.gov/living/diet-lifestyle-changes.shtml

Food Safety

To Your Health: Food Safety for Seniors
http://www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm182679.htm

The Core Four Practices to Safe Food Handling

http://www.fightbac.org/safe-food-handling

Links to Information About Food Safety Risks for Older Adults
http://www.eatright.org/Public/list.aspx?TaxID=6442452016

Diet, Heart Disease, and High Blood Pressure

Heart Healthy Diet: 8 Steps to Prevent Heart Disease

http://www.mayoclinic.com/health/heart-healthy-diet/NU00196

The Cardiac Diet Plan

http://www.patient-education.com/_marketingdemo/pdfs/hp470101.pdf, and

http://www.aafp.org/afp/2010/0501/p1103.html

What is high Blood Cholesterol
http://nihseniorhealth.gov/highbloodcholesterol/whatishighbloodcholesterol/01.html

The American Heart Association Link to Diet Information and Recipes

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

Sodium and Potassium
http://www.health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAsodium.pdf

Know Your Fats
http://www.health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAfats.pdf

Multicultural Information

Diabetes Information and Nutrition Information Links in Multiple Languages

Diabetes Patient Education Material in Multiple Languages, as well as audio presentations for the visually impaired

http://ethnomed.org/patient-education/diabetes

Nutrition Information Links, as well as Other Health Education Links, in Multiple Languages
http://spiral.tufts.edu/topic4.shtml#nutrition

Healthy Eating Information in Spanish

It's About Eating Right, in Spanish

http://www.eatright.org/Public/content.aspx?id=10981

Eating Healthy and Staying Active, in Spanish

http://win.niddk.nih.gov/publications/personas_mayors.htm

Diabetes Information in Spanish

Links to Diet and Nutrition Information for Diabetics, in Spanish
http://www.diabetes.niddk.nih.gov/spanish/pubs/eating_ez/index.aspx

Kidney Disease Information in Spanish

Kidney Disease Basics, in Spanish

http://nkdep.nih.gov/inicio.shtml

Dietary Supplement Information in Spanish

Information, in Spanish, from the Food and Drug Administration

http://www.fda.gov/downloads/Food/DietarySupplements/UCM240979.pdf

Food Safety Information in Spanish

To Your Health: Food Safety for Seniors, in Spanish
http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM182785.pdf

The Core Four Practices to Safe Food Handling, in Spanish
http://www.fightbac.org/downloads/spanish-resources

Link to Nutrition Information in Chinese and English about:

- Basic Guidelines for High Blood Pressure
- Cholesterol Content in Food
- Diabetic Diet
- Low-Fat Diet
- Iron
- Tips for Weight Control

http://www.eatright.org/Public/content.aspx?id=5691

Link to Nutrition Information in Spanish and English about

- Get Your Plate In Shape
- Increasing Fruits, Vegetables, Whole Grains, and Dairy
- Eating Right for a Healthy Weight
- Eating Tips for Older Adults
- Smart Snacking for Adults
- Power Up With Breakfast

http://www.eatright.org/Public/content.aspx?id=10981

Health Information in Multiple Languages Link

Information Through the National Institutes on Health about multiple Health Topics in Many Languages

http://www.nlm.nih.gov/medlineplus/languages/languages.html

Videos

Eating For Health

http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew1_na_intro.html

Choosing Nutrient Dense Foods

http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew2_na.html

What to Drink As You Get Older

http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew3_na_intro.html

Diabetes Self Monitoring

http://nihseniorhealth.gov/diabetes/selfmonitoring/video/db2_na_intro.html

Food Safety

http://www.healthyroadsmedia.org/titles/EngFSSHome/EngFSSHome.htm

Link to Multiple Nutrition Videos

http://www.bellinstitute.com/senior_nutrition_videos.aspx

Nutrition Information for Senior Centers

Handouts and Newsletter on multiple topics

http://www.panen.org

Health Education order forms in multiple languages

http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/default.htm

Order Sheet for material, in bulk, from the Food and Drug Administration

http://www.fda.gov/downloads/Food/ResourcesForYou/UCM222258.pdf