

Great Plates Indeed

The Great Plates Delivered Program is designed to help older adults stay home and stay healthy by delivering three nutritious meals per day.

How Can GREAT PLATES Bring Good Nutrition to Older Adults?

Smell, taste, and movement tend to decline with age. Such changes can lead to poor appetite and undesirable food choices. For this reason, the elderly population may lack sufficient nutrition. To maintain their health, seniors have different nutrient needs than younger adults (ages 18-60), from increased protein¹ to heightened levels of vitamins and minerals. Restaurants can provide plates that meet seniors' nutrition needs with these guidelines in mind.

Great Plates Meal Requirements:

All meals must be...

- Low in Sodium
- No Sugary Drinks
 - must be less than 24 grams sugar / 8 oz.
 - only 100% fruit juice allowed
- Lunch and Dinner must have a piece of fresh fruit or vegetable on each dish!

<https://covid19.ca.gov/img/wp/great-plates-delivered-program-guidance.pdf>

A healthy eating pattern includes:

- ✓ A variety of **Vegetables** from all subgroups
- ✓ **Fruits**, especially whole fruits
- ✓ **Grains**, at least half of which are whole
- ✓ Fat-free or low-fat **Dairy** and/or fortified soy beverages
- ✓ A variety of **Protein** foods, including plant sources of protein
- ✓ **Oils**

A healthy eating pattern limits:

- Saturated fats and *trans* fats
- Added sugars
- Sodium

Key Recommendations for Older Adults:

- ❖ Breakfast: **400 - 500** Calories; Lunch & Dinner: **600 - 800** Calories
- ❖ Include 1 to 2 servings of **Protein**-rich foods with each meal (61-88 grams/day)^{1,2}
- ❖ Increase **Vegetables** (1+ cup/meal) and whole **Fruits** (½ cup/meal)
- ❖ Prepare foods that are soft in texture
- ❖ **When in doubt, present COLORFUL meals!**

Here are some TIPS:

- ◆ Use herbs and spices to compensate for less salt/sodium.
- ◆ Add more **Vegetables** to your pizza toppings, stir-fry dishes, etc.
- ◆ Transform existing dessert menus to **Fruit**-focused desserts. Whenever possible, replace sugar-concentrated 100% fruit juice with whole **Fruits**.



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<https://hnrca.tufts.edu/myplate/> Accessed May 2020

MyPlate for Older Adults (Tufts University):

[VIDEO: What is MyPlate for Older Adults?](#)

[English PDF](#); [Español PDF](#); [中文PDF](#)

¹Reports on the benefits of higher protein intake for older adults [found in this link](#). ²Based on 0.8-1.0 g/kg (average weight older adult)