

# NUTRITION FOR HEALTHY AGING: WHAT TO EAT AND WHY

Practical guidance for older adults and caregivers on eating for strength, independence, and disease prevention.





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# Introduction

## How Nutrition Impacts Healthy Aging

What we eat directly shapes how we age. A balanced diet supports muscle strength, bone density, brain function, and immune health—helping older adults stay active, independent, and vibrant. Good nutrition also makes it easier to manage chronic conditions, recover from illness, and maintain energy for daily life.

## The Risks of Poor Nutrition

When nutrition needs aren't met, the body becomes more vulnerable. Poor nutrition increases the risk of falls, infections, and complications from chronic diseases. In the U.S., [about 1 in 4 older adults are malnourished](#)

[or at risk](#), not always because of hunger, but due to illness, reduced appetite, difficulty chewing, or the side effects of medications.

[Malnutrition can have serious consequences](#), from longer hospital stays to higher healthcare costs, which exceed \$51 billion annually.

The good news: malnutrition is preventable. With awareness, early identification, and supportive strategies, caregivers and older adults can make simple changes that protect nutrition and improve quality of life. This guide offers practical tips, meal ideas, and resources to help keep mealtimes healthy, safe, and enjoyable.

## The Role of Food in Disease Prevention and Daily Functioning

*“Let food be thy medicine and medicine be thy food.” - Hippocrates*

Food is medicine. [A diet rich in whole foods, protein, and essential nutrients can reduce the risk of heart disease, diabetes, osteoporosis, and dementia.](#) Beyond prevention, nutrition also impacts energy, mood, and the ability to carry out daily activities. Simply put: balanced meals are as important as medication for maintaining health.

# Nutritional Needs for Older Adults

As the body changes with age, so do nutritional requirements. Calorie needs usually decline, but nutrient needs remain the same or even increase. That means every bite should count.

## Calories, Protein, Vitamins & Minerals

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**Calories** Most older adults need about 1,600–2,200 calories/day, depending on activity level. The focus should be on nutrient-dense foods rather than empty calories.

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**Protein** Critical for preventing muscle loss (sarcopenia). Aim for 1.0–1.2 grams per kilogram of body weight daily for a 150 lb adult, that's 68–82 grams. Spread protein throughout the day.

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**Fiber** At least 25–30 grams daily from whole grains, beans, fruits, and vegetables to support digestion and heart health.

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**Key Vitamins / Minerals** According to the National Institute of Aging, key vitamins and minerals adults need as they age include:

- **Vitamin D:** 800–1,000 IU daily (supports bones, immunity).
- **Calcium:** 1,200 mg daily from dairy, fortified plant milks, or greens.
- **Vitamin B12:** 2.4 mcg daily; absorption decreases with age. Found in fish, meat, eggs, fortified cereals.
- **Potassium:** 3,400 mg/day (men) and 2,600 mg/day (women) to regulate blood pressure. Found in bananas, potatoes, beans, leafy greens.



## Common Nutrient Deficiencies in Older Adults

As we age, our bodies process food differently, and health conditions or medications can interfere with nutrient absorption. This means older adults are at higher risk for certain deficiencies even when they're eating regularly. Left unaddressed, these gaps can weaken immunity, increase frailty, and lower quality of life.

To better understand which nutrients matter most for healthy aging, we've highlighted below the most common nutrient deficiencies that older adults are most likely to experience.

### Vitamin D

**Why it matters:** Supports calcium absorption, bone strength, and immune health.

**Why deficiency is common:** Aging skin produces less Vitamin D from sunlight, and many older adults spend less time outdoors.

**Warning signs:** Bone pain, muscle weakness, frequent illness, higher risk of fractures.

**Food sources:** Fortified milk or plant milks, fatty fish (salmon, mackerel, sardines), and eggs. Supplements may be necessary if blood levels are low.

### Vitamin B12

**Why it matters:** Supports calcium absorption, bone strength, and immune health.

**Why deficiency is common:** Stomach acid levels decline with age, making it harder to absorb B12 from food. Certain medications (like metformin or proton-pump inhibitors) also reduce absorption.

**Warning signs:** Fatigue, memory issues, tingling or numbness in hands and feet, mood changes.

**Food sources:** Meat, poultry, fish, eggs, and fortified cereals. Many older adults may require B12 supplements or injections.

## Calcium

**Why it matters:** Essential for bone density, heart rhythm, and muscle function.

**Why deficiency is common:** Older adults often consume less dairy, and absorption decreases with age.

**Warning signs:** Brittle bones, fractures, muscle cramps, or irregular heartbeat.

**Food sources:** Dairy products, fortified soy or almond milk, canned salmon with bones, leafy greens like kale and bok choy.

## Iron

**Why it matters:** Needed for healthy blood and oxygen transport.

**Why deficiency is common:** Poor diet, gastrointestinal bleeding, or chronic disease can reduce iron levels.

**Warning signs:** Fatigue, pale skin, weakness, dizziness.

**Food sources:** Lean red meat, beans, lentils, fortified cereals, and spinach.

## Magnesium & Potassium

**Why it matters:** Regulate blood pressure, muscle function, and nerve signaling.

**Why deficiency is common:** Often related to diuretics or chronic disease.

**Warning signs:** Weakness, cramping, constipation, irregular heartbeat.

**Food sources:** Nuts, seeds, beans, bananas, sweet potatoes, spinach.

Deficiencies are common but preventable. [Regular checkups, balanced meals, and sometimes supplements can help older adults avoid the fatigue, bone loss, and illness linked to nutrient gaps.](#)

# Healthy Eating Patterns

When it comes to nutrition, it's easy to focus on individual “[superfoods](#)” or avoid certain items. But [research consistently shows that what matters most is the overall pattern of eating](#), which is to say the balance of foods we eat regularly, not just what shows up on the plate once in a while. For older adults, following a consistent eating pattern helps take the guesswork out of meal planning, supports long-term health, and makes food choices easier to sustain.

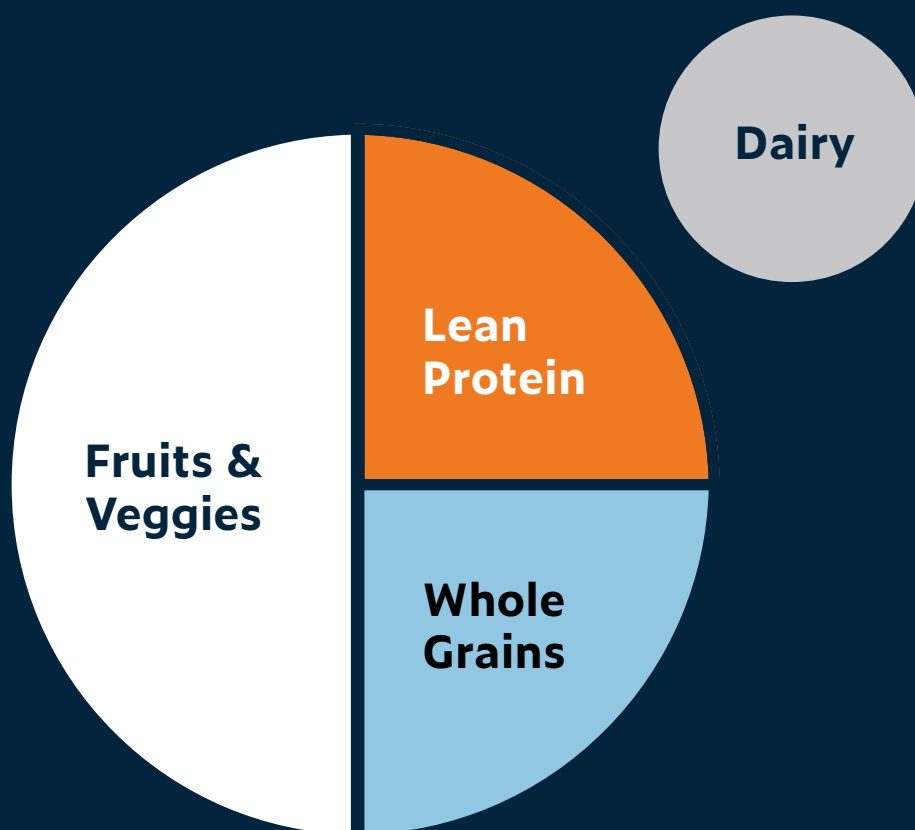
Healthy eating patterns aren't rigid diets; they're flexible frameworks that guide daily meals with proven benefits. Approaches like [MyPlate for Older Adults](#), [the MIND diet](#), [DASH Eating Plan](#), and [Mediterranean diet](#) have been shown to reduce the risk of chronic conditions such as heart disease, diabetes, and cognitive decline. Just as importantly, these patterns can be adapted to fit cultural traditions, budgets, and personal preferences, making them practical for everyday life.



## MyPlate for Older Adults

An adapted plate model recommends:

- + **½ Plate Fruits & Vegetables:** Colorful produce for antioxidants, fiber, and hydration.
- + **¼ Plate Lean Proteins:** Fish, poultry, beans, eggs, tofu.
- + **¼ Plate Whole Grains:** Brown rice, oats, quinoa, whole wheat bread.
- + **Dairy or Alternatives:** Milk, yogurt, or fortified plant-based milks for calcium and Vitamin D.
- + **Healthy Oils:** Olive or canola oil, nuts, avocado for heart health.



## MIND, DASH, and Mediterranean Diets

Healthy eating patterns aren't "diets" in the fad sense. Rather, they are long-term approaches that guide everyday food choices. These three eating styles are backed by strong research and are especially helpful for older adults.

## MIND Diet (Mediterranean-Intervention for Neurodegenerative Delay)

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**Purpose:** Designed to support brain health and reduce the risk of Alzheimer’s and dementia.

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**Key foods:** Berries (especially blueberries and strawberries), leafy greens (spinach, kale), nuts, whole grains, olive oil, beans, fish, and poultry.

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**What to limit:** Butter, red meat, fried foods, pastries, and cheese in large amounts.

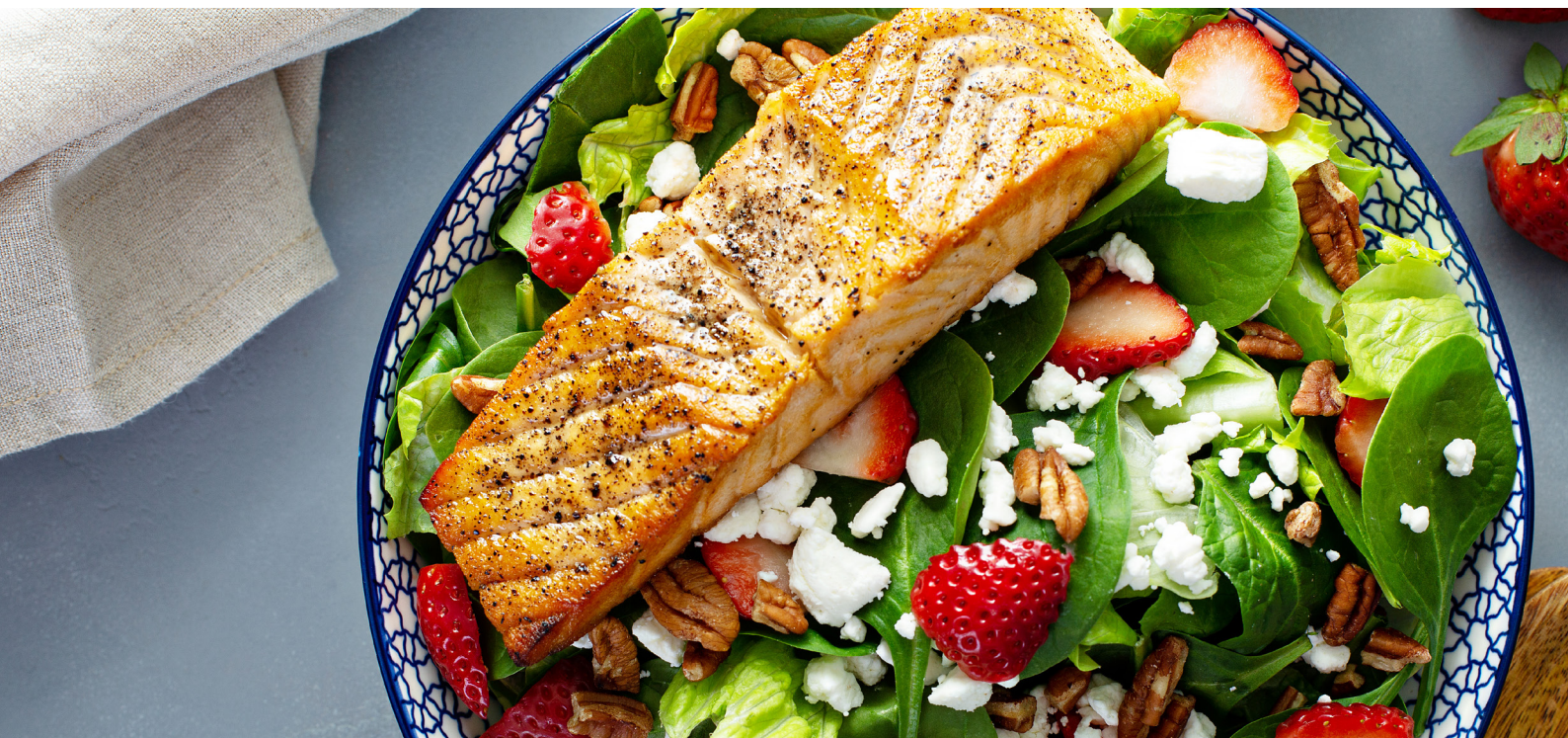
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**Why it matters:** People who strictly follow the MIND diet may see up to a 53% lower risk of Alzheimer’s disease, while even moderate adherence can lower the risk by about 35%.

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**Practical example:** A spinach salad topped with walnuts and strawberries, drizzled with olive oil, plus a piece of grilled salmon.

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## DASH Diet (Dietary Approaches to Stop Hypertension)

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**Purpose:** Created to lower high blood pressure and reduce heart disease risk.

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**Key foods:** Fruits, vegetables, whole grains, lean proteins (fish, chicken, beans), and low-fat dairy.

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**What to limit:** Salt/sodium, sugary drinks, sweets, red meat, and processed foods.

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**Why it matters:** Following the DASH diet has been shown to lower systolic blood pressure by about 6–7 mmHg on average, and up to 11.8 mmHg in people who start with higher blood pressure.

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**Practical example:** A bowl of oatmeal with banana and low-fat milk for breakfast, lentil soup with whole wheat bread for lunch, and grilled chicken with brown rice and broccoli for dinner.

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## Mediterranean Diet

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**Purpose:** Based on traditional diets of countries bordering the Mediterranean Sea; linked to longevity and lower rates of chronic disease.

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**Key foods:** Olive oil as the main fat, plenty of vegetables, fruits, legumes, whole grains, fish, nuts, and seeds. Moderate amounts of dairy and wine (if safe).

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**What to limit:** Processed foods, added sugars, and heavy red meat consumption.

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**Why it matters:** In large studies, those [following a Mediterranean diet had a 30% lower risk of major cardiovascular events](#) such as heart attack, stroke, or cardiovascular death.

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**Practical example:** Whole-grain pasta tossed with olive oil, tomatoes, garlic, and chickpeas, served with a side of mixed greens and a small glass of red wine (if approved by a doctor).

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All three diets overlap in their focus on whole foods, plant-based meals, healthy fats, and lean proteins. Choosing one framework—or combining their principles—helps older adults maintain heart, brain, and overall health.



## Foods to Eat, Limit, and Avoid

When it comes to nutrition, choosing the right foods can make a big difference in energy, strength, and overall health for older adults. Here’s a simple guide for picking food as an older adult:

<b>Eat More (Every Day)</b>  These foods support healthy aging, strong muscles, and better digestion:	<b>Limit (Sometimes Foods)</b>  These can be enjoyed occasionally, but too much may harm health:	<b>Avoid (Best to Skip)</b>  These foods raise risks for heart disease, high blood pressure, or choking hazards:
<b>Fruits and vegetables:</b> Aim for a variety of colors—berries, leafy greens, carrots, apples	<b>Processed deli meats:</b> Ham, salami, hot dogs—often high in sodium and preservatives	<b>Deep-fried foods:</b> French fries, fried chicken—high in unhealthy fats
<b>Whole grains:</b> Oatmeal, brown rice, quinoa, whole wheat bread	<b>Refined grains:</b> White bread, white rice, pastries—low in fiber, cause quick blood sugar spikes	<b>Trans fats:</b> Found in some margarine, baked goods, and fast foods
<b>Lean proteins:</b> Fish, chicken, turkey, beans, lentils, eggs, tofu	<b>Red meat:</b> Beef, pork, lamb—choose smaller portions and lean cuts	<b>Very hard or sticky foods (especially for those with dental issues or swallowing trouble):</b> hard candy, popcorn, nuts, tough cuts of meat
<b>Low-fat dairy or fortified alternatives:</b> Milk, yogurt, cheese, soy milk (for calcium and Vitamin D)	<b>Added sugars:</b> Cakes, cookies, soda, sweetened cereals	<b>Unpasteurized dairy or raw/undercooked meat, fish, or eggs:</b> Higher risk of foodborne illness
<b>Healthy fats:</b> Olive oil, nuts, seeds, avocado	<b>Salty foods:</b> Canned soups, chips, frozen dinners	

Balanced meals built from “eat more” foods help older adults stay strong and healthy. [Processed, salty, and sugary foods should be limited](#), and [alcohol should be used with caution because of its health and medication risks](#).



# Meal Planning

Good nutrition doesn't require complicated recipes or expensive ingredients. With a little planning, meals can be balanced, satisfying, and affordable, even on a fixed income. Choosing simple, nutrient-rich foods like beans, oats, seasonal produce, and eggs can stretch a budget while still supporting health.

## Building Balanced, Affordable Meals

Every meal should aim to include protein + fiber + healthy fat. This simple formula helps maintain muscle, support digestion, and keep energy steady throughout the day. Here are a few Michigan-inspired examples:



### Breakfast:

Oatmeal cooked with milk, topped with Michigan blueberries, walnuts, and a sprinkle of cinnamon.



### Lunch:

Lentil soup with whole grain bread and a side salad made from local greens.



### Dinner:

Baked Great Lakes salmon, quinoa, and steamed seasonal vegetables like asparagus or green beans.



### Snack:

Apple slices with peanut butter, or cottage cheese with fresh peaches from a Michigan orchard.

## Portion Sizes and Frequency

As metabolism slows with age, smaller meals spaced throughout the day often work better than three large meals. [Visual portion guides help](#):



**Protein:** about the size of your palm.



**Grains:** about the size of your fist.



**Vegetables:** about two cupped hands.

[Eating every 3–4 hours, breakfast, lunch, dinner, and one or two snacks, can help stabilize blood sugar and prevent fatigue.](#)





## Grocery Shopping on a Budget

Healthy eating doesn't have to be expensive. With smart shopping and planning, older adults and caregivers can stretch their food dollars while keeping meals balanced and nutritious.

Many older adults also qualify for government assistance programs that help make groceries more affordable. The [Supplemental Nutrition Assistance Program \(SNAP\)](#) provides monthly benefits that can be used at most grocery stores. In many states, programs now boost the value of SNAP when spent on fresh produce. For example, [Michigan's Double Up Food Bucks](#) matches every dollar spent on fruits and vegetables with an additional dollar to spend on more produce.

### Practical strategies for saving while shopping include:

- ⊕ **Shop farmers markets:** Seasonal produce is often cheaper and fresher than grocery store options. Many markets accept SNAP and offer [Double Up Food Bucks](#) to double fruit and vegetable purchases.
- ⊕ **Choose frozen or canned produce:** Look for options with no added sugar or low sodium. Frozen vegetables and berries keep their nutrients and last longer.
- ⊕ **Buy in bulk:** Oats, beans, and brown rice are inexpensive staples that can form the base of many meals.
- ⊕ **Cook once, eat twice:** Make larger batches of soups, casseroles, or grains and freeze portions for quick, healthy meals later.
- ⊕ **Compare unit prices:** Store brands are often just as nutritious as name brands at a lower cost.

# Managing Chronic Conditions

For many older adults, chronic conditions like diabetes, heart disease, and osteoporosis are part of daily life. The good news is that [nutrition is often the first line of defense in managing these conditions](#). Small changes in eating patterns can lower risks, improve quality of life, and even reduce reliance on medications.

## Diabetes-Friendly Eating

Balancing blood sugar is key for people living with diabetes or prediabetes. Instead of focusing only on what to avoid, it helps to think about pairing foods for steady energy.



### Best Choices:

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Whole grains (brown rice, oatmeal, quinoa), beans, lentils, non-starchy vegetables (broccoli, peppers, zucchini), and lean protein



### What to Limit:

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Refined carbohydrates like white bread, pastries, sweetened cereals, and sugary drinks



### Smart Pairing:

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Combine carbohydrates with protein or fiber to slow absorption. For example, apple slices with peanut butter or whole-grain toast with scrambled eggs



In the United States, **heart disease is the #1 cause of death** among older adults.

## Heart-Healthy Choices

Heart disease is the leading cause of death among older adults in the U.S., but nutrition can significantly reduce risk. The DASH and Mediterranean diets are especially effective.



### Best Choices:

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Fatty fish (salmon, sardines, trout) at least twice a week; unsalted nuts, seeds, and olive oil; fiber-rich foods like oats and beans



### Cut back on:

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Processed meats, fried foods, butter, and added salt



### Sodium Check:

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Aim for under 2,300 mg per day, and if you have high blood pressure, closer to 1,500 mg is even better. Read nutrition labels carefully—processed soups, breads, and frozen meals can be surprisingly high in sodium.



Osteoporosis affects about one in five women over age 50, but only one in 20 men.

## Bone-Strengthening Foods

Osteoporosis and fractures are major concerns as we age. Nutrition plays a direct role in building and protecting bone strength.



### Calcium:

Aim for 1,200 mg per day. Sources include milk, yogurt, fortified soy or almond milk, canned sardines or salmon (with bones), tofu, and certain leafy greens.



### Vitamin D:

Helps the body absorb calcium. Sources include fortified dairy or plant milks, eggs, and salmon. Many older adults may also need supplements since natural production from sunlight decreases with age.



### Other Nutrients:

Magnesium and Vitamin K (found in leafy greens, beans, and nuts) also play roles in bone health.



# Hydration

Water is essential for life, but it's also one of the most overlooked parts of healthy aging. [Dehydration is one of the top preventable causes of hospitalization in older adults.](#) As we age, the body's natural thirst cues decline, meaning many older adults don't feel thirsty until they are already dehydrated. Certain medications (like diuretics) and chronic conditions can make the risk even higher.

## Why Hydration Matters for the Body and the Brain

- ⊕ **Brain health:** Even [mild dehydration, marked by even just a 2% drop in body fluids](#), can impair memory, concentration, and mood. For older adults, this can worsen confusion, dizziness, or symptoms of dementia.
- ⊕ **Physical health:** [Dehydration contributes to constipation, urinary tract infections, kidney problems, and low blood pressure, which can increase fall risk.](#)
- ⊕ **Daily functioning:** Adequate fluids keep energy up, joints lubricated, and digestion moving smoothly. Simply put, [staying hydrated helps older adults feel sharper, stronger, and more independent.](#)



## Daily Fluid Needs

Most older adults should aim for 6–8 cups (48–64 ounces) of fluid daily. This doesn't have to come from plain water alone. Broth-based soups, smoothies, herbal teas, milk, and even water-rich fruits (like watermelon and oranges) count toward hydration.



## Flavorful, Low-Sugar Drink Ideas

Drinking water doesn't have to be boring. Simple add-ins and swaps make hydration more appealing:

- + Cucumber-mint infused water
- + Unsweetened iced tea with lemon
- + Sparkling water with a splash of 100% juice
- + Warm milk or fortified soy milk before bed
- + Blended fruit-and-yogurt smoothies for a hydrating, nutrient-dense snack

Water is fuel for both body and brain. Staying on top of hydration prevents hospital visits, keeps thinking clear, and supports daily health. Caregivers can help by offering drinks throughout the day, not just at mealtimes, and by choosing hydrating foods alongside fluids.

# Food Safety for Older Adults

As we age, the immune system naturally weakens, making older adults more vulnerable to foodborne illnesses. A mild stomach bug in a younger person can lead to severe dehydration, hospitalization, or even life-threatening complications for older adults. That’s why food safety is just as important as nutrition.

## Preventing Foodborne Illnesses

Because foodborne infections are more dangerous for aging adults, practicing everyday food safety is essential. Simple habits like washing hands, rinsing produce, and checking expiration dates help protect health.



### Hand Hygiene:

Wash hands with warm, soapy water for at least 20 seconds before and after handling food. Clean cutting boards, utensils, and countertops between preparing raw meats and fresh produce.

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### Wash produce thoroughly:

Rinse fruits and vegetables under running water—even those with skins or rinds that aren’t eaten, like melons or cucumbers. Scrub firm produce with a clean brush. Dry with a clean cloth or paper towel to reduce bacteria. Avoid using soap or bleach, which can leave harmful residues.

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### Avoid high-risk foods:

Skip raw or undercooked fish, meat, eggs, and unpasteurized dairy. Deli meats should be heated until steaming before eating, since they can harbor listeria.

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### Check expiration dates:

Older adults are more likely to experience severe illness from spoiled foods. Always check “use by” and “sell by” dates, and when in doubt, throw it out.



## Safe Storage and Reheating

Safe food storage is just as important as safe preparation. Properly refrigerating, labeling, and reheating foods ensures leftovers stay safe and reduces the risk of harmful bacteria.

- + **Refrigerate quickly:** Store leftovers within 2 hours of cooking (1 hour if the room is above 90°F).
- + **Use shallow containers:** Food cools faster and stays safer when stored in shallow containers rather than deep pots.
- + **Label and rotate:** Mark leftovers with the date and eat them within 3–4 days. Frozen items should be labeled with the date and used within a few months.
- + **Reheat thoroughly:** Warm foods to at least 165°F to kill harmful bacteria. Stir soups or casseroles halfway through heating to ensure even temperatures.
- + **Thaw safely:** Always thaw frozen foods in the refrigerator, microwave, or under cold running water—never on the countertop.
- + **Safe food handling starts with clean hands and clean produce:** Washing fruits and vegetables properly, storing leftovers quickly, and reheating thoroughly can dramatically lower the risk of illness for older adults.

# Cultural & Religious Food

Food is more than fuel. It's memory, identity, and community. For older adults, meals tied to culture, faith, and tradition often bring comfort and spark appetite. Ignoring these needs can lead to frustration, refusal to eat, or even malnutrition, while honoring them supports dignity, enjoyment, and better nutrition outcomes.

Respecting cultural and religious food needs means recognizing that “healthy eating” doesn't look the same for everyone. Caregivers and staff should aim to adapt nutrition guidance within the framework of an individual's traditions, rather than replacing familiar foods with unfamiliar ones.

**Respecting cultural and religious food needs means recognizing that “healthy eating” doesn't look the same for everyone.**



## Accommodations in Practice

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### ⊕ Halal and Kosher Diets

- Use certified meats when available.
  - Offer vegetarian or plant-based alternatives if sourcing specialty products is difficult.
  - Pay attention to preparation methods—avoiding cross-contamination with non-Halal or non-Kosher foods is important.
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### ⊕ Vegetarian and Vegan Diets

- Ensure adequate protein from beans, lentils, tofu, eggs, dairy, or fortified plant-based alternatives.
  - Include sources of Vitamin B12 (fortified cereals, nutritional yeast, or supplements if needed).
  - Balance meals with iron-rich foods like spinach and beans, paired with vitamin C (citrus, peppers) for better absorption.
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### ⊕ Cultural Staples

- **Latino traditions:** tortillas, rice, beans, plantains, and fresh salsas can form the base of balanced meals.
  - **African American traditions:** collard greens, black-eyed peas, and cornbread can be prepared with lighter oils and less sodium to align with health goals.
  - **South Asian traditions:** lentils, curry spices, basmati rice, and chapati breads can be paired with vegetables and lean proteins for nutrient balance.
  - **Native American traditions:** corn, beans, squash (“the three sisters”), and fish are nutrient-rich staples that connect food to heritage.
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### ⊕ Religious Observances

- **Lent or fasting periods (e.g., Ramadan, Orthodox traditions):** Plan lighter meals that break fasts safely with nutrient-dense foods.
  - **Holiday foods:** Special meals around holidays like Passover, Diwali, or Lunar New Year can be honored while still considering health and dietary needs.
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Food that respects culture and faith is not just more likely to be eaten; it strengthens identity, comfort, and quality of life. Caregivers should collaborate with older adults and their families to adapt traditional meals into balanced, safe options that honor both health and heritage.

# Local & National Resources

No one should face food insecurity or confusion about nutrition alone. Many programs—both local and national—are available to support older adults and caregivers. These resources provide affordable meals, nutrition education, and connections to community services.

## MEALS ON WHEELS

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**What it is:**

Delivers hot, balanced meals directly to the homes of older adults who have difficulty shopping or cooking. Each visit also provides a quick wellness check.

**Websites:**

[Meals on Wheels America](#) & [Wayne County Senior Services](#)

**Contact in Michigan:**

Reach out to Wayne County Senior Services or an [Information & Assistance Specialist at The Senior Alliance](#) for more information

## SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM)

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**What it is:**

Provides monthly benefits to help older adults buy groceries. In Michigan, SNAP benefits can be doubled at participating farmers' markets through Double Up Food Bucks.

**Website:**

[Michigan Bridge Card SNAP](#)

**Contact:**

Apply online at MiBridges or call (888) 678-8914.

## FOOD PANTRIES & FOOD BANKS

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**What it is:** Local churches, nonprofits, and the Food Bank Council of Michigan provide free groceries and often fresh produce.

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**Website:** [fbcmich.org](http://fbcmich.org)

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**Contact in Michigan:** Call 211 in Michigan for the nearest pantry.

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## THE SENIOR ALLIANCE

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**What it is:** Southeast Michigan's Area Agency on Aging serving western Wayne County and Downriver communities. Provides meal programs, nutrition education, and access to services for older adults and caregivers.

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**Website:** [thesenioralliance.org](http://thesenioralliance.org)

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## Farmers Market Benefits

### DOUBLE UP FOOD BUCKS (DUFB)

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**What it is:** A program that doubles the value of SNAP dollars when used to buy fresh fruits and vegetables.

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**Impact:** In 2022, SNAP recipients redeemed \$5.3 million in DUFB incentives, bringing \$11.8 million worth of produce home. DUFB began in Detroit and has expanded to more than 250 locations statewide.

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**Website:** [www.doubleupfoodbucks.org](http://www.doubleupfoodbucks.org)

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### SENIOR PROJECT FRESH

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**What it is:** Provides eligible older adults with \$25 per season in benefits to buy Michigan-grown produce and honey at farmers markets and roadside stands. Includes free nutrition education.

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**Website:** [Michigan.gov](http://Michigan.gov)

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## Online & National Resources

### MYPLATE FOR OLDER ADULTS

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**What it is:** Visual guides tailored to seniors, showing portion sizes, healthy swaps, and hydration reminders.

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**Website:** [myplate.gov](http://myplate.gov)

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## MI CAREGIVER CONNECTION

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**What it is:** A statewide resource hub that connects caregivers and older adults to local resources, including meal and nutrition programs.

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**Website:** [micaregiverconnection.com](http://micaregiverconnection.com)

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## NATIONAL INSTITUTE ON AGING (NIA)

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**What it is:** A national helpline that connects older adults and caregivers to local services, including meal and nutrition programs.

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**Website:** [nia.nih.gov/health/healthy-eating-nutrition-and-diet](http://nia.nih.gov/health/healthy-eating-nutrition-and-diet)

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## ELDERCARE LOCATOR

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**What it is:** A national helpline that connects older adults and caregivers to local services, including meal and nutrition programs.

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**Phone Number:** 1-800-677-1116

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**Website:** [eldercare.acl.gov](http://eldercare.acl.gov)

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## ACADEMY OF NUTRITION AND DIETETICS

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**What it is:**

Evidence-based nutrition resources and a directory of registered dietitians.

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**Website:**

[eatright.org](http://eatright.org)

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### Contact Us

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### About Us

The Senior Alliance is committed to providing dignity, respect, and a high quality of care to our aging population through programs that are low to no cost. We strive to make these options easy to navigate during times when life can be complicated.