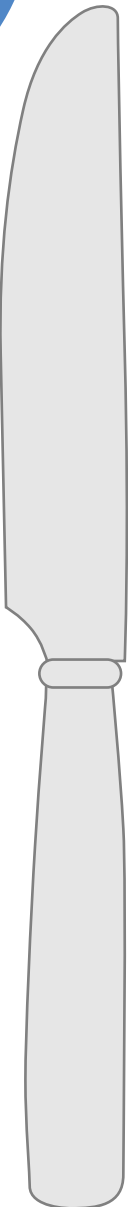
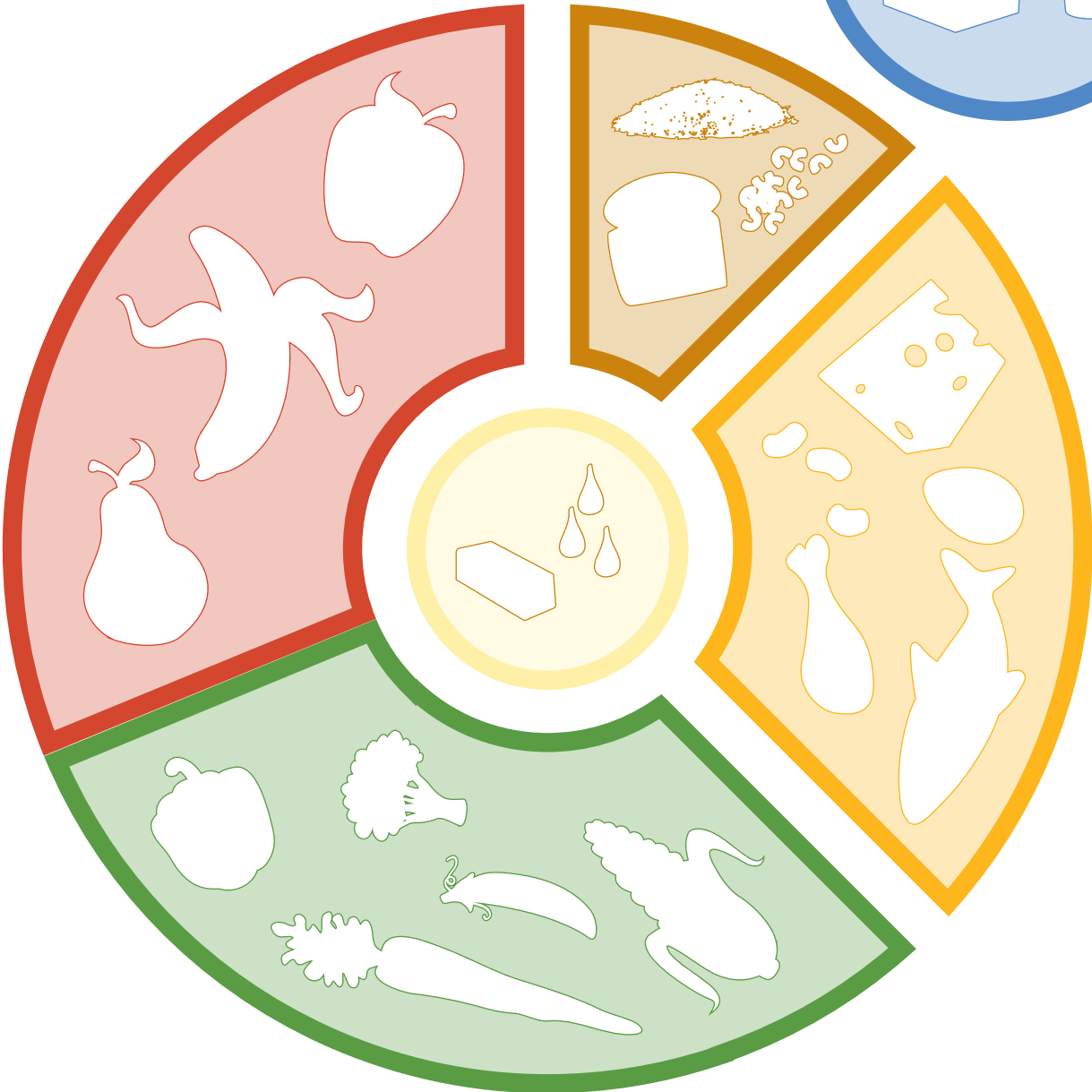
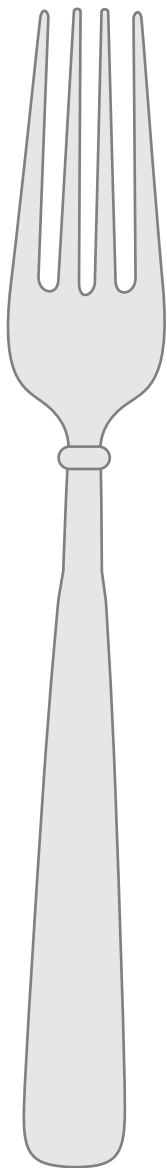
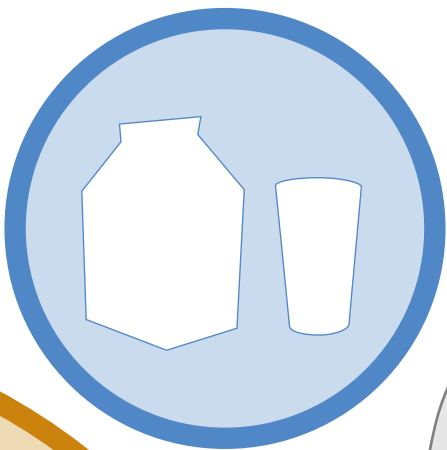


# My Plate Guidelines for A Healthy Senior Diet



4 to 5 cups of fruits and vegetables



2.4 micrograms per day of Vitamin B-12



8 Glasses a day