



Nutrition at the Council on Aging



Food groups simplify dietary recommendations by focusing on foods instead of nutrients. For example, it's much easier to try to eat two cups of fruit a day than 75 milligrams of vitamin C and 25 grams of fiber. The USDA Food Patterns helps identify each food to make it easier for you to know what you need. Although, sorting through the information is not always easy, we will be breaking it down as to how it applies to you. Knowing the number of calories or percentages of each food group will encourage you to focus on what you are eating and what is missing in your diet. Americans are encouraged to choose foods in their most nutrient dense forms as often as possible, to keep added sugars and saturated fat intakes below 10 percent of total calorie intake. The USDA Food Patterns (www.fns.usda.gov) provide the recommended amounts of each food group at 12 different calorie levels, ranging from 1,000 to 3,200. While we learn our food groups and what purpose they serve in our diets, we can focus on our own personal needs.

Join us this month for any of our in person or online classes.

Upcoming Dates:

Monday, May 5th

11:00am-11:45am via ZOOM

12:30pm-1:30pm at the Ralph & Jenny Center

Wednesday, May 7th

10:00am-10:45am at Holland Street Center

For more information on any of the classes, consults or to schedule an appointment, contact Mary at Headtofitness10@yahoo.com or call 617-625-6600 ext.2316

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.

Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.