

Conference on Aging

Nutrition for Seniors

Resources

Compiled by Lauren Roberson, PhD, RD, LD

- USDA's MyPlate website - Nutrition for Older Adults - <https://www.myplate.gov/life-stages/older-adults>
- Indiana Family and Social Services Administration - Department of Aging - Indiana Pathways for Aging - <https://www.in.gov/fssa/da/>
- Indiana Health Department Directory - <https://www.in.gov/health/lhd/local-health-department-map/>
- Directory of Dietitians and Nutritionists in Indiana - <https://www.healthprofs.com/us/nutritionists-dietitians/indiana>
- MIND Diet Guide for Beginners - <https://www.healthline.com/nutrition/mind-diet>
- National Council on Aging - Eating Tips for Seniors - <https://www.ncoa.org/article/healthy-eating-tips-for-seniors/>

Presenting Partner:



Supporting Partners:



Contributing Partners:

