

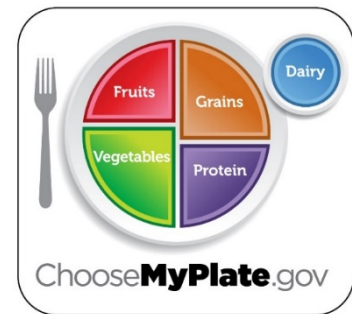
## Nutrition Benefits of the Commodity Supplemental Food Program

As we age, eating well can make a positive difference in our health and how we feel. Healthy foods and beverages can increase our energy levels, improve digestion, and help prevent chronic disease. The Commodity Supplemental Food Program (CSFP) provides a monthly food package tailored for older adults, age 60 or above, that can help stretch your food dollars and add nutritious foods to your diet for good health.

### USDA Foods Fit

CSFP offers a variety of American-grown USDA Foods that can fit into your healthy eating pattern:

- Canned and dried **fruits** – unsweetened or lightly sweetened
- Canned **vegetables** – low sodium or no salt added
- Low fat **dairy** – cheese and shelf stable milk
- Whole **grains** – oats, whole grain pasta, rice, and cereals
- Variety of **proteins** – beans, lean meats, poultry, and fish



The CSFP food package provides:

- Protein, calcium, iron, vitamins A, C, and D, and other nutrients that promote health
- Low sodium foods to support heart health

If you have special dietary needs, check with your doctor or Registered Dietitian about how these foods can fit into your healthy eating pattern.

### Learn More

- [MyPlate for Older Adults](#)
- [USDA Foods Product Information Sheets and Recipes](#)
- [USDA CSFP Sharing Gallery: Recipes and Cookbooks](#)

