



Food Hero for Older Adults

Focus on Healthy Snacks



Snacking can help you meet your nutritional needs and feel energetic throughout the day. When deciding on a snack, choose foods that are full of nutrients and without too much salt, sugar or saturated fat. Try a snack from one food group or combine food groups to build more satisfying snacks. Enjoy a serving that is filling but that doesn't interfere with your mealtime appetite. Take a look at the ideas below and be creative!

Protein Snacks



Bean dips, hummus
Cheese
Cottage cheese
Eggs, egg salad
Milk (dairy or soy)
Nut butters
Pudding
Sardines
Unsalted nuts
Yogurt

Whole Grain Snacks



Cereal
Corn chips
Crackers
English muffins
Flat bread, tortillas
Granola
Muffins
Oats
Toast

Fruit and Vegetable Snacks



Apple, pear
Applesauce
Avocado
Banana, peach
Bell Pepper
Berries, grapes
Canned fruit
Carrots
Celery
Cucumber
Zucchini

Mix and Match Snacks



Banana peanut
butter toast
Cereal and milk
Cheese and whole-
grain crackers
Cottage cheese
and fruit
Egg salad sandwich
Fruit, vegetable and
yogurt smoothie
Hummus and
vegetables
Nuts and dried fruit
Yogurt and berries

Classics Stay Strong

Fruit, vegetable and beverage snacks can help you stay hydrated.

Snacks with fiber from fruits, vegetables, beans, whole grains, nuts and seeds support a healthy gut.

For some people, snacks help keep their blood sugar stable. Ask your healthcare provider if you have questions.

For packaged snacks, read the Nutrition Facts label for the serving size and amount of saturated fat, sodium (salt) and added sugar.

Include activity snacks each day by moving in ways that you enjoy and that fit into your daily routine.

Tips for Snacking

Build your own: Make your own snack mix with unsalted nuts and add-ins such as unsweetened whole-grain cereal, raisins or other dried fruit and plain popcorn.



Keep healthy options handy: Try planning for snacks when you plan your meals. Post a list of snacks in your kitchen and keep nutritious snacks easy to see.



Prep ahead: Rinse and cut up fresh vegetables and portion them into containers so they are ready when you are. Try freezing your favorite smoothie into single portion cups to thaw when you're ready.



Bring your own: Keep up with your snack schedule even when away from home. Try packing a few snacks in a bag or small cooler before you leave.



How about activity snacks?

Just like food snacks can help you get enough nutrients, activity snacks can make it easier to get enough movement for good health. Activity snacks are one or two minutes of moving that make you breathe harder and get your heart pumping. They can include all sorts of activities such as routine chores, tasks, hobbies and exercises. What fun activity snacks will you do today?