

# SENIOR NUTRITION NEWS

August 2024

## Snacking Tips for Seniors

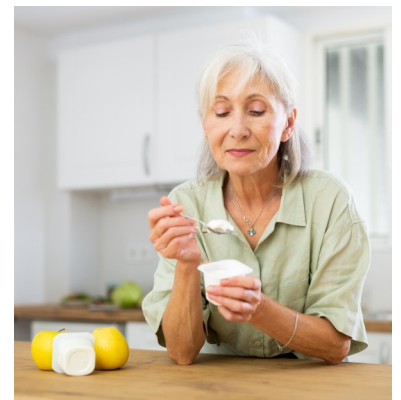
Snacking is an easy way to meet your nutritional needs. Look for snacks that are rich in fiber, protein, healthy fats, and essential vitamins to help you fill the gaps in your diet.

Keep snacks simple by choosing foods that are easy to prepare. If they are too complex to prepare, you might skip snacking and miss out on the important nutrients you will get from them.

There are many grab and go convenience food snacks that are sold in the grocery store. Many of these tend to be high in unhealthy fats, added sugar, and/or sodium so they aren't always the best choices for keeping us healthy. These snacks can also be hard on the food budget as well since they tend to be pricey.

**Try these snack ideas that are tailored around the needs seniors have:**

- **Fruits and Vegetables:** Are an excellent source of vitamins, minerals, and hydration. If you need softer options, some good choices include canned peaches, apple sauce, ripe bananas, and steamed carrots.
- **Dairy and Dairy Alternatives:** Are high in protein and calcium. Choose snacks like Greek yogurt or cottage cheese.
- **Protein-Rich Snacks:** Help maintain muscle mass and overall strength. Choose snacks such as hard-boiled eggs, egg salad, or tuna salad.
- **Whole Grains:** Foods like oatmeal or soft whole-grain bread can be excellent sources of fiber and nutrients. They can be paired with avocado or almond butter for added healthy fats and flavor.
- **Hydrating Snacks:** Smoothies made from a blend of fruits and vegetables offer hydration along with a wide array of nutrients. Additionally, cucumber slices or melon can provide a refreshing and hydrating snack.



### 3 Ingredient Snack Recipes

**Parfaits:** Greek Yogurt + Fruit + Granola

**Banana Sushi:** Whole Wheat Wrap + Peanut Butter + Banana

**Smoothies:** Fruit + Spinach + Milk (& Ice – or use frozen fruit!)

**Avocado Toast:** Toast + Avocado + Hard-Boiled Egg

**Cucumber Sandwiches:** Cucumber Slices + Cheese + Turkey

**Ham Wraps:** Apple Slices + Cheese + Ham

**Apple Donuts:** Apple Rounds + Cream Cheese + Chopped Nuts

**Pizza Bagels:** Mini Bagel + Marinara Sauce + Cheese (plus any extra toppings you'd like!)

**Dippers:** Hummus + Carrots + Pretzels

**Ants on a Log:** Celery + Nut Butter + Raisins



**Sources:** <https://avalinasrliving.com/smart-snacking-healthy-snack-ideas-for-seniors/>; [Appetite for Knowledge: Healthy Snack Ideas for Older Adults \(uwyoextension.org\)](#); [Easy 3-Ingredient After-School Snacks | Healthy Family Project](#) retrieved 07/25/24

#### For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties      208-883-2267



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