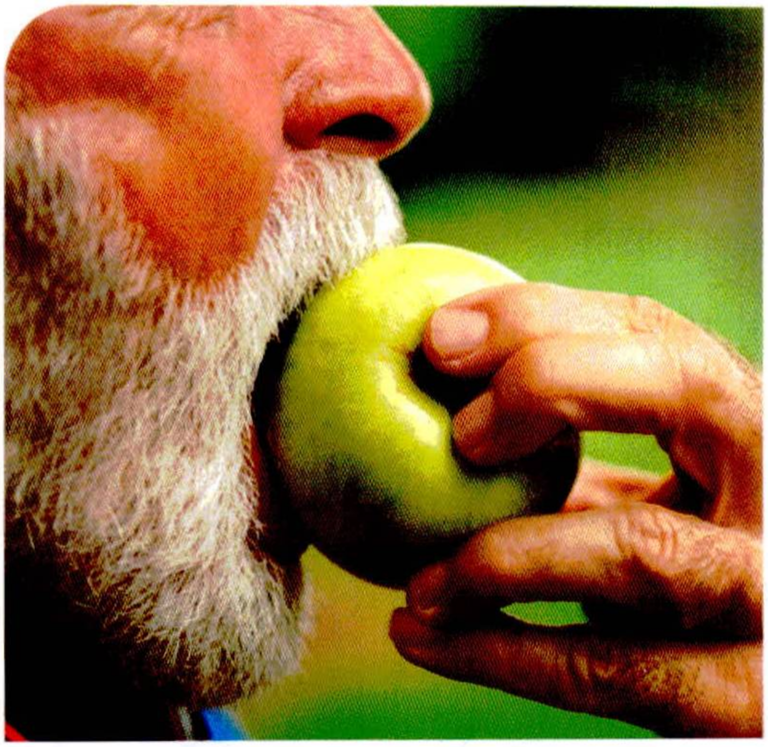
Snack Healthy

Eating a snack between meals can be a part of a healthy diet.

Snacking on healthy foods can help increase your intake of important nutrients, including fiber and good fats, and give you energy between meals.



Make Snacking a Healthy Event!

- **Snack only when you are hungry.** Avoid eating out of boredom or when you are stressed. This can lead to excess weight gain.
- **Plan snacks ahead of time.** Fixing snacks in advance can save you time and make healthy snacks the easy choice. For example, wash and cut up fresh fruit or make your own trail mix.
- **Choose snacks that are 200 - 300 calories** or less and include a variety of nutrients (fiber, healthy fats, and vitamins).
- **Use snack time as a way to increase your fruits and vegetables**. Choose brightly colors fruits and vegetables to help ensure you are getting a variety of nutrients in your diet.
- **Snack time is a great time to socialize!** Eat a snack with a friend or neighbor.
- **Drink plenty of water** with your snacks.

RECIPE

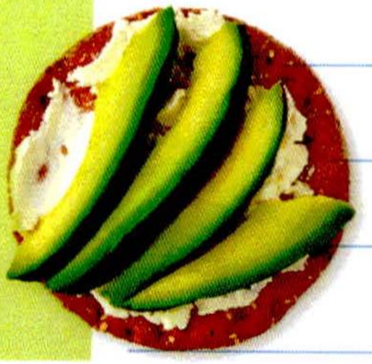
Healthy Trail Mix

1. 1 cup pretzels
2. 1 cup whole grain cereal (your choice!)
3. 1 cup air-popped popcorn
4. ¼ cup raisins
5. ½ cup dried fruit (your choice!)
6. ½ cup nuts (your choice!)
7. ½ cup mini chocolate chips

DIRECTIONS: Mix all ingredients together in large bowl. Divide up trail mix into small snack bags. Enjoy!

Healthy Snack Ideas

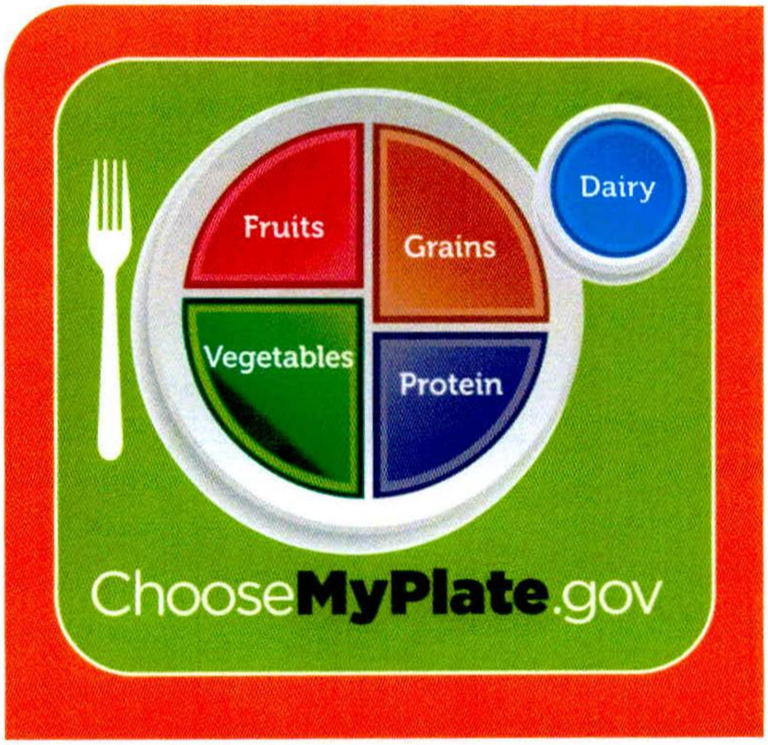
- Low-fat/no-fat yogurt with fresh berries
- Low-fat cottage cheese with pineapple or peaches
- Whole grain crackers with mashed avocado
- Small side salad topped with nuts or seeds
- Whole grain toast topped with nut butter



https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smartsnackingforadultsandteens.pdf
https://www.myplate.gov/tip-sheet/healthy-snacking-myplate

Ohio | Department of Aging

aging.ohio.gov



Choose MyPlate for a Healthy Meal

MyPlate **(https://www.myplate.gov/)** provides a visual guide of how many servings of each food group you should eat each day. The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

Fruits

FOCUS ON WHOLE FRUITS

- Try to eat 2 servings each day.
- Fruit can be fresh, canned, frozen, or dried.
- Fruit can be whole, cut-up, pureed, or cooked.
- One serving is equal to 1 cup of raw or fresh fruit, half a cup of dried fruit, or 1 cup of 100% fruit.

Vegetables

VARY YOUR VEGGIES

- Try to eat 2 to 3 servings each day.
- Vegetables can be raw or cooked and fresh, frozen, canned, or dried.
- Vegetables can be whole, cut-up, or mashed.
- One serving is equal to 1 cup of raw or cooked veggie or 2 cups of leafy greens (like spinach).

Protein

VARY YOUR PROTEIN ROUTINE

- Try to eat 5 to 6 ounces each day.
- One serving is equal to ¼ cup of beans, lentils, or nuts, 1 ounce of meat, 1 egg, or 1 tablespoon of nut butter.
- Choose meat and poultry products that are lean or low in fat, like 93% ground beef or chicken breast.

Grains

MAKE HALF YOUR GRAINS WHOLE GRAINS

- Try to eat 5 to 9 ounces each day.
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain food.
- Grains are either whole grains or refined grains.
- Of the grains you eat, try to make at least half of them whole grains.
- If you eat refined grains, choose to eat grains that are "enriched" with important vitamins and minerals.
- One serving is equal to a 1-ounce portion.

Dairy

MOVE TO LOW-FAT OR FAT-FREE DAIRY

- Try to eat or drink 3 servings each day.
- A serving is equal to 1 cup of milk, soy milk, or yogurt or 1 ½ ounces of hard cheese.

Vegetables

Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (%DV) are
based on a 2,000 calorie diet.

Vegetables	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Serving Size (gram weight/ounce weight)			g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	230	7	4	1	2	8	2g	2g	10%	15%	2%	2%
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	6	2	2	8	4g	1g	4%	190%	2%	4%
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	13	8	3	3	12	2g	4g	6%	220%	6%	6%
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	7	2	2	8	5g	1g	110%	10%	2%	2%
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	5	2	2	8	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2g	0g	10%	15%	4%	2%
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	1	4	1g	1g	4%	10%	2%	2%
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	6	5	2	3	12	2g	1g	4%	10%	4%	2%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	0	20	1	190	5	5	2	2	8	3g	1g	0%	70%	4%	2%
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	10	0	70	2	2	1	1	4	1g	0g	2%	8%	2%	2%
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	1	4	2g	1g	6%	6%	2%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	35	1	170	5	2	1	1	4	1g	1g	130%	6%	2%	4%
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	1	4	0g	3g	0%	2%	0%	2%
Onion 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	3	12	9g	1g	0%	20%	4%	4%
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	2	8	1g	3g	0%	45%	2%	6%
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	1	4	2g	0g	0%	30%	2%	2%
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	2	8	2g	1g	6%	30%	2%	2%
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5g	4g	2%	10%	0%	2%
Sweet Potato 1 medium, 5" long, 2"diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	4	16	7g	2g	120%	30%	4%	4%
Tomato 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	1	4	3g	1g	20%	40%	2%	4%

Most vegetables provide negligible amounts of saturated fat, *trans* fat, and cholesterol.

U.S. Food and Drug Administration
(January 1, 2008)

10 tips
Nutrition Education Series

choosing healthy meals as you get older

10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and
www.nia.nih.gov/health/topics/nutrition
for more information.