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FCS8697-SPAN

Alimentación Saludable para Personas de Edad: Dieciséis Comidas Saludables Para "Picar"[1]

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ENAFS Elder Nutrition and Food Safety

Aquí les presentamos algunas ideas para "picar" que además de fáciles son saludables. Use estas ideas la próxima vez que se sienta con ganas de "picar" algo.

1. Tiras de calabacín con salsa *ranch* baja en grasa o yogur natural
2. Banana helada (pele la banana antes de congelarla)

3. ½ *bagel* con mermelada
4. ¼ taza de fruta seca variada
5. Galletas del tipo *Graham* con crema de maní
6. 1 taza de leche agria (buttermilk)

7. 1½ onzas de tiras de queso bajo en grasa
8. Helados caseros (hechos con jugo de frutas o vegetales)

9. 1 taza de yogur descremado

10. 1 huevo cocido con ¾ taza de jugo de frutas
11. ½ taza de pepino en rodajas y tomates con salsa baja en grasa tipo *Italian* o yogur natural
12. Pan tipo *pita* con *hummus* (salsa de garbanzos machacados)
13. Rebanada de pan integral tostado con margarina y un pizca de azúcar y canela

14. Tortilla con queso fundido
15. ½ taza de melón cortado en cubitos
16. ¾ taza de jugo de vegetales bajo en sodio con 3-4 galletas saladas integrales

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