

# Healthy Eating for Elders: Smart Snacking<sup>1</sup>

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Snacking can be good for you! Healthy snacks provide vitamins and minerals that may be lacking from your main meals. Keep these smart snacking tips in mind the next time you have a “snack attack.”

## Follow the Pyramid

Choose nutrient-rich snacks from all the basic five food groups:

- Fruits
- Vegetables
- Meat and alternates
- Milk, yogurt, and cheese
- Bread, cereal, rice, and pasta

## Choose a Variety of Snacks

Don't pick the same snack food over and over. Try new foods or different forms of your old favorites such as frozen bananas or grapes!

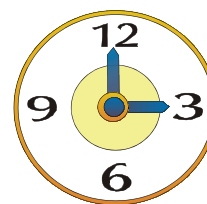


## Keep it Convenient

Have healthy snacks available and ready to eat. Keep fruit washed and vegetables cleaned and sliced for easy snacking!



## Plan for Snacking



Eat snacks two to three hours before mealtime so that you don't ruin your appetite for the next main meal.

## When to Snack?

Snack only when you're hungry. Avoid snacking when you are just bored or stressed. In those cases, find something else to do like read a magazine or walk around the block.



## Go Easy on the Pyramid Tip

Snacks like chips and candy are okay once in a while, but choose most of your snacks from the basic five food groups.

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