

# Appetite for Knowledge



## HEALTHY SNACK IDEAS FOR OLDER ADULTS

The more we learn about nutrition, the more we understand the important role it plays in aging well. Eating a well-balanced diet means consuming meals rich in fruits, vegetables, lean protein, whole grains, and low-fat dairy. It also means reducing processed foods and sugary treats.

That combination gives your body the vitamins, minerals, and other nutrients it needs to fight off diseases. High blood pressure, type 2 diabetes, heart disease, and some forms of cancer have been linked to a poor diet.

### USDA MYPLATE

The USDA's MyPlate program was designed to help older adults develop meal plans that meet their unique nutritional needs. Seniors have different dietary needs, such as increased amounts of vitamin D and vitamin B, than younger adults.

For many seniors, two healthy snacks per day help stabilize blood sugar between meals (which helps prevent overeating) and maintain energy levels. While they may be more convenient, store-bought snacks are often high in sodium, fat, sugar, and preservatives. A healthier option is to prepare your

own snacks and keep them on hand at home or in a cooler when you travel.



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## IDEAS

Here are a few snacks that won't compromise your commitment to living a healthy lifestyle as you grow older:

1. Baked apple chips sprinkled with cinnamon
2. Frozen grapes or a frozen banana
3. Hummus with carrots and cucumber slices
4. Greek yogurt with peach slices or fresh berries
5. A handful of roasted almonds or heart-healthy walnuts
6. Glass of unsweetened almond or cashew milk
7. Cherry tomatoes with mozzarella cheese
8. Whole-grain popcorn (skip the salt and butter!)
9. Apple slices and almond butter or natural peanut butter
10. Whole-grain crackers topped with canned tuna
11. Bowl of oatmeal topped with blueberries
12. Black bean dip with veggie stick dippers
13. Hard-cooked egg
14. Avocado on whole-wheat toast
15. Melon with low-fat cottage cheese
16. Sliced tomato with feta cheese and a drizzle of olive oil



## BAKED SWEET POTATO CHIPS

### Ingredients

- 2 large sweet potatoes
- 2 Tablespoons olive oil
- 1/4 teaspoon sea salt (optional)

### Preparation

1. Preheat oven to 250°F and position oven rack in the center of the oven.
2. Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.
3. Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).
4. Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.

Source: [minimalistbaker.com/baked-sweet-potato-chips/](https://minimalistbaker.com/baked-sweet-potato-chips/)

17. Whole-grain toast with low-fat cream cheese and raspberries
18. Pita bread with black beans
19. Homemade baked sweet potato chips
20. Celery with nut butter and raisins
21. Salsa with baked tortilla chips
22. Edamame seasoned with sesame oil
23. Turkey slices
24. Kale chips
25. Unsweetened almond milk and fruit smoothie
26. Marinated artichoke hearts
27. Baked banana chips

28. Orange slices dipped in dark chocolate
29. Bell pepper with guacamole
30. Cottage cheese sprinkled with flax seed and cinnamon

## OTHER CONSIDERATIONS

It's also important to stay hydrated. Most physicians recommend patients try to drink eight to 10 glasses of water each day. That can keep you feeling full and avoid overeating.

If you choose healthy, whole-food snack options, they can help keep you full throughout the day and limit your cravings for unhealthy foods. Choosing delicious treats that are packed with nutrients, vitamins, and minerals will fuel your body and keep your blood sugar levels steady. Healthy nutrition is a part of everyday life!

## Sources

- ChooseMyPlate, [choosemyplate.gov](https://www.choosemyplate.gov)
- U.S. Department of Agriculture, [USDA.gov](https://www.usda.gov)



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