



Healthy Snacking for a Healthy Lifestyle

Getting Started

1. Review lesson plan before each session.
2. Copy handouts:
 - a. Healthy Snacking questions
 - b. Healthy Snacking for a Healthy Lifestyle
 - c. Recipes to Enjoy with Grandchildren
 - d. Healthy Recipe Ideas
3. Gather supplies needed for lesson and activities.

Supplies Needed

1. Handouts.
2. Activity supplies.
3. Before the class, clean and put aside empty food containers, food wrappers or boxes of a variety of snack choices that participants in your center might like to eat. Bring them to the class and, if possible, encourage participants to bring their favorite snack item to the session. Include “healthy choices” as well as “not so healthy” choices.

Beginning the Session

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives – The participants will:

1. Learn that healthy snacking is important for older adults.
2. Identify healthy snacks.
3. Learn fun ways to make snacks for older adults to enjoy with children.



Script

Ask participants these questions:

1. How many of you snack during the day?
2. What kinds of snacks do you eat (e.g., fruit, cookies, chips, etc.)?
3. Have any of you been told that snacking will spoil your dinner?

Today, it is common for people to eat several small meals and snacks per day rather than three main meals a day. Most people think snacking between meals can lead to weight gain or that snacking will spoil your dinner. But snacks are a very important part of an older adult's diet. If you snack on the right foods at the right times, snacking can be a healthy way to get extra energy, vitamins, and minerals.

Snack Tips - here are some suggestions for developing good snacking habits:

1. Choose snack foods that are moderate in fat, sugar and salt.
2. Choose snacks high in fiber and vitamins and minerals.
 - a. Fresh, canned or dried fruit, such as apples, bananas, plums, raisins, pineapple, berries, applesauce, 100% fruit juices, etc.
 - b. Cut vegetables with dip, such as carrots, squash, broccoli, cauliflower, cherry tomatoes, celery, bell pepper, etc.
 - c. Whole grain breads, crackers or cereals, such as whole grain crackers, whole wheat toast, graham crackers, animal crackers, and cereals like Cheerios®, raisin bran, shredded wheat, etc.
 - d. Calcium-rich dairy, such as plain or fruited yogurt, cheese, lowfat milk or chocolate milk, cottage cheese, etc.
 - e. Protein-rich foods, such as nuts, peanut butter or sliced turkey or ham.

Get into the habit of keeping healthy snacks with you so you have something nutritious handy when you begin to feel hungry.

Snack Timing

Timing makes a difference. Different kinds of snacks are useful for different times of the day. If you hungry but will not eat a meal for about an hour or so, have a small low-calorie snack (about 100 to 200 calories), such as:

1. One medium piece of fruit or ½ cup canned or cut up fruit and small slice of cheese.
2. One handful of pretzels/popcorn and ½ cup fruit juice.
3. Vegetable juice (6 ounces) and one slice of toast.
4. Cut vegetables with dip/dressing.



5. One cup lowfat milk and two gingersnaps.
6. Two tablespoons nuts.

What are some examples of low-calorie snacks that you enjoy?

Now, if your next meal is a few hours away and you feel hungry, choose a snack that provides more calories (200 to 250 calories):

1. Low fat yogurt with two tablespoons granola or cereal.
2. Whole-grain crackers with cheese.
3. One half bagel with peanut butter.
4. One half sandwich (turkey, ham, peanut butter) and ½ cup lowfat milk.
5. Small bowl cereal with lowfat milk.
6. Small whole grain muffin with lowfat milk.
7. Sliced apple with peanut butter.

What are some heartier snacks that you enjoy?

Healthy snacking can help you stay more alert and think more clearly. When you find yourself getting tired during the day, avoid desserts like cake, doughnuts and soft drinks. Instead reach for some of the healthy snacks we mentioned. The right snack at the right time can do wonders for your health.

Note to the speaker – Give participants the handouts and recipes.

Enjoy snacks with young children such as grandchildren.

(Have a sharing time and ask some participants how they enjoy snack time with grandchildren!)

Snacking is not only for older adults. Children love to take “snack breaks.” Half of children today eat at least four different types of snack foods. Many of you have grandchildren who visit you after school and during the summer. This is a great time to make healthy snacks for you and your grandchild. It is also a great time to enjoy your favorite fruits and other healthy foods.

Kids love fruit because they are naturally sweet and colorful. Young children like finger foods such as sliced bananas, strawberries, and kiwi for a colorful and tasty snack. Pack an apple, a bunch of grapes or a plum for their lunch. Make a fruit smoothie or fruit with dip for an afternoon snack. Allowing children to help make a snack lets them get involved in eating healthy.

Note to speaker – refer to handout, “Recipes to Enjoy With Grandchildren.” This handout has creative ideas for some delicious healthy snacks to enjoy with young children.



Activity

The purpose of the activity is to practice choosing healthy snacks over not so healthy snacks. If possible, encourage participants to bring their favorite snack food (or empty wrapper) to the session. If this is not possible, give each participant a snack item, empty wrapper or container that you have put aside beforehand.

As a group, discuss the pros and cons of each snack item. Have one table be “Healthy Choices” and another table be “Not So Healthy Choices.” As each food item is discussed place it on its designated table.

References

Seniors Eat Well for Good Health. The American Dietetic Association. 29 March 2001 <<http://www.eatright.org/nfs/nfs62.html>>.

Schlenker, E. Nutrition in Aging, 3rd edition, 1998. WCB/McGraw Hill companies, Inc. Boston, Massachusetts.

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact your local food stamp office, food bank, or senior center.

Primary authors: Nikki Hawthorne, MS, RD, LD & Karen Coffman, RD, LD
NOAHnet@uga.edu

Primary reviewer: Marilyn O. Wright, MS, RD, LD

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Healthy Snacking Questions

Date:	County:
Name:	Age:

Please circle your answers.

1. I learned something new today.

No Yes

2. About how many snacks do you eat a day?

0 1 2 3 4 5

3. Circle some of your favorite snacks:

crackers with peanut butter	grapes
sliced cheese	carrots
apple wedges	vegetable juice
fruit yogurt	graham crackers

4. Snacks are a healthy way to get extra energy, vitamins and minerals.

No Yes

5. Will you try a new healthy snack this week?

No Yes

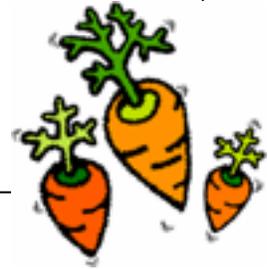


Healthy Snacking for A Healthy Lifestyle

There is a place for nutritious snacks between meals. The next time you have a snack attack, consider these choices:

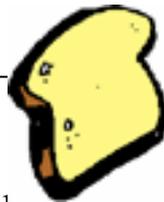
Fruits, Vegetables and Nuts

- Fresh, canned or dried fruit – bananas, grapes, peaches, berries, melon, apples, raisins or other favorites
- Raw vegetables with lowfat dip or dressing
- 100% fruit juice or vegetable juice
- Fruit juice popsicles or fruit smoothies
- Nuts – any kind, but limit to 2 – 3 tablespoons
- Peanut butter and apple slices



Bread & Cereals

- Popcorn
- Whole grain crackers with peanut butter or cheese
- English muffin with apple butter
- Animal or graham crackers
- Fig bars
- Peanut butter sandwich
- Cereal with milk
- Whole wheat toast with cheese



Milk & Dairy products

- Plain or fruited yogurt
- Sliced cheese
- Cottage cheese with fruit
- Lowfat milk shake
- Chocolate milk
- Buttermilk





Recipes to Enjoy with Grandchildren



Fruit Float

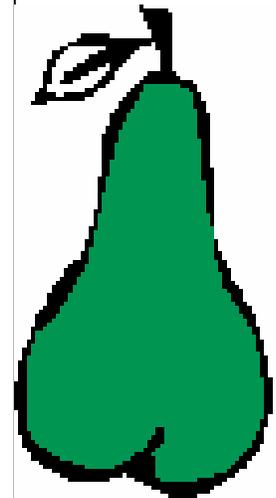
Place fruit (raspberries, blueberries, banana slices, strawberries, or any other fruit you enjoy) in a tall glass. Fill with lemonade or fruit juice and top with a small scoop of sherbet. Enjoy!

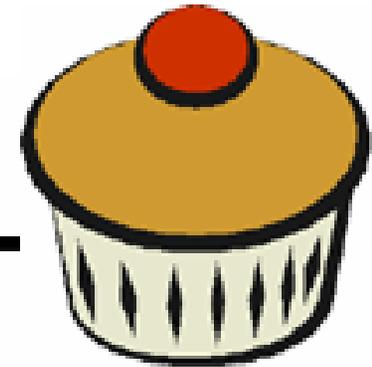
Pear Bunny

Ingredients: pear half, raisins and lettuce leaf. Place pear half on lettuce leaf. Use raisins for eyes and nose.

Fruit Shake

Blend 1 cup fresh berries, $\frac{1}{2}$ banana (cut into small pieces), $\frac{1}{4}$ cup vanilla nonfat yogurt, $\frac{1}{4}$ cup orange juice, and 1 cup ice. Pour into glasses and enjoy.





Honey Raisin Bran Muffins

1-³/₄ cup all-purpose flour

1 Tbsp baking powder

¹/₄ tsp salt

2 Tbsp sugar

2-¹/₂ cups raisin bran cereal

1-¹/₄ cup skim milk

¹/₃ cup honey

1 egg

¹/₄ cup vegetable oil

vegetable cooking spray

Preheat oven to 400 F. Stir together flour, baking powder, salt, and sugar and set aside. In large mixing bowl, combine raisin bran cereal, milk, and honey. Let stand 3 minutes or until cereal softens. Add egg and vegetable oil. Beat well. Add flour mixture, stirring only until combined. Pour batter into twelve 2 1/2 inch muffin pan cups coated with cooking spray. Bake for 20 minutes or until lightly browned.

Nutrition Facts for 1 Muffin: 190 calories, 5 g fat, 2 g fiber



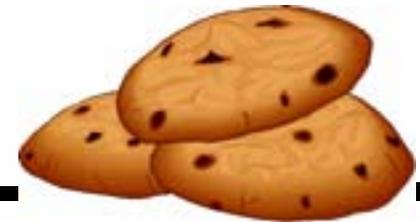
Chocolate Peanut Butter Cookies

4 cups flaked cereal, crushed to 1 cup
2-½ cups all-purpose flour
¼ cup unsweetened cocoa powder
½ tsp salt
1-½ tsp baking soda
1 cup unsweetened applesauce

1 cup crunchy peanut butter
2-½ cups packed brown sugar
1 egg
2 tsp vanilla
vegetable cooking spray

Preheat oven to 375 F. Stir together crushed cereal, flour, cocoa powder, salt, and baking soda and set aside. In large mixing bowl, beat together applesauce, peanut butter, brown sugar, egg and vanilla. Stir in cereal mixture. Drop by rounded tablespoonfuls onto baking sheets coated with cooking spray. Bake about 12 minutes or until lightly browned around edges. Cool on wire racks. Makes 4 1/2 dozen.

Nutrition Facts per 1 cookie: 90 calories, 2.5 g fat, 1g fiber





Chewy Oatmeal Raisin Bars

$\frac{3}{4}$ cup packed brown sugar

$\frac{1}{2}$ cup sugar

4 Tbsp margarine, softened

$\frac{3}{4}$ cup applesauce

1 egg

2 Tbsp fat free milk

2 tsp vanilla

1 $\frac{1}{2}$ cup all-purpose flour

1 tsp baking soda

1 tsp cinnamon

$\frac{1}{2}$ tsp salt

3 cups oats (uncooked)

1 cup raisins



Preheat oven to 350 F. Combine flour, baking soda, cinnamon and salt and set aside. In large mixing bowl, beat together sugars and margarine until well blended. Add applesauce, egg, milk, and vanilla; beat well. Add flour mixture and mix well. Stir in oats and raisins. Spread in ungreased 13 x 9 inch baking pan. Bake 25 to 30 minutes or until light brown. Cool bars before cutting. Makes 32 bars.

Nutrition Facts for 1 Bar: 90 calories, 2 g fat, 1 g fiber