



Healthy Eating for Elders: Sixteen Savory Snacks¹

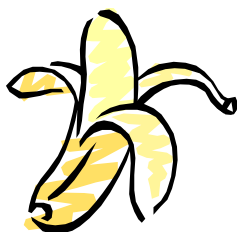


Jennifer Hillan²

Here are some snack ideas that are not only easy to prepare, they are healthy too! Keep some of these choices handy for the next time you have the snacking urge.

1. Zucchini strips dipped in low-fat ranch dressing or plain yogurt

2. Frozen banana (peel before freezing)



3. ½ bagel topped with fruit preserves

4. ¼ cup dried mixed fruit

5. Graham crackers topped with peanut butter

6. 1 cup buttermilk

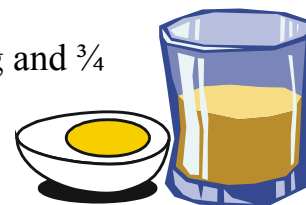
7. 1½ ounces low-fat string cheese



8. Homemade popsicle (made with your favorite fruit or vegetable juice)



9. Hard cooked egg and ¾ cup fruit juice



10. 1 cup low-fat yogurt

11. ½ cup sliced cucumbers and tomatoes with low-fat Italian dressing or plain yogurt

12. Pita bread and hummus (chickpea dip)

13. Slice of whole wheat toast with margarine and a pinch of sugar and cinnamon



14. Tortilla topped with melted cheese

15. ½ cup melon cubes

16. ¾ cup low-sodium vegetable juice with 3 to 4 wheat crackers

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