



*Photos courtesy of Pixabay.com*



## EAT WELL, AGE WELL. HEALTHFUL SNACKING

### NUTRIENT DENSE SNACKS

You may be wondering, “What makes a snack nutrient dense?” A food that is nutrient dense contributes a large amount of nutrients compared to the amount of calories the food yields. Snacks are especially important for older adults because they provide the extra calories and extra nutrients you maybe aren’t getting in your regular meals. However, it is important to focus on foods that are low in sodium, added sugars and saturated fats. Large amounts of sodium, added sugars and saturated fats can be found in some of the most popular snack foods so, it is important to read and understand the nutrition label. Some examples of nutrients you might need include: calcium, vitamin D, vitamin B12, fiber and potassium. Try kale or spinach chips to add calcium to your diet. Orange juice or oatmeal can add vitamin D to your diet. Eggs are good when you need vitamin B12 and protein. Lastly, fruits and vegetables are high in fiber and potassium. Think outside the box, and find foods that you like with the nutrients you need!

### WEEKLY CHALLENGES

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RECORD YOUR  
DAILY SNACKS

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PLAN SNACKS  
AHEAD OF TIME

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SWAP YOUR  
USUALLY SNACKS  
FOR FRUITS AND  
VEGGIES

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READ THE FOOD  
LABELS OF THE  
SNACKS YOU  
CHOOSE

### DID YOU KNOW?

THE MOST POPULAR  
SNACKS AMONG  
AMERICANS ARE  
CHIPS, CHOCOLATE  
AND COOKIES.

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Healthful Snacking*
- Placemat/handout for *Honey-Roasted Cinnamon Chickpeas*
- Table Tent- *Hummus* (4x6 and 5x7 sizes) and *Chickpeas* (8 ½ x 11)
- *Monthly Newsletter/News Paper ad in your local Senior* (6 x 4 or 4 x 2 inch ads)
- *Monthly Tracking Calendar*

### Week 2: Give out/Post

- Placemat/handouts for *Honey Cinnamon Cashew Butter*
- Table Tent- *Sweet Potatoes* (4x6 and 5x7 sizes) and *Goji Berries* (8 ½ x 11)

### Week 3: Give out/Post

- Placemat/handouts for *Strawberry Banana Smoothie*
- Table Tent- *Strawberries* (4x6 and 5x7 sizes) and *Pomegranate Seeds* (8 ½ x 11)

### Week 4: Give out/Post

- Placemat/handout for *Overnight Banana Peanut Butter Oatmeal*
- Table Tent- *Almonds* (4x6 and 5x7 sizes) and *Chia Seeds* (8 ½ x 11)

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)