

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS SNACK SUGGESTIONS

FLUIDS

Water

FRUIT

Strawberries

Grapes

Cherries

Pineapple chunks (canned, use toothpicks)

Dried apricots, peaches, papaya (unsweetened)

Dates

Raisins

100% fruit juice

VEGETABLES

Mini carrots

Celery sticks

Cherry or grape tomatoes

Low-sodium tomato or V-8 juice

Jicama sticks

WHOLE GRAINS

Light popcorn

Crackers

Rice cakes

DAIRY

Low-fat cheese slices

Low-fat string cheese

Low-fat cottage cheese

Low-fat ricotta cheese

PROTEIN FOODS

Soy nuts

Unsalted nuts

Unsalted peanuts

Hummus

Peanut butter or other Nut butters

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