



HEALTHY SNACKS FOR OLDER ADULTS

Senior adults benefit from snacks that are nutrient-dense, easy to chew, and rich in protein, fiber, and healthy fats to support overall health and energy.

As we age, nutritional needs change. Snacks for seniors should:

- Provide protein to maintain muscle mass (e.g., Greek yogurt, cottage cheese, eggs)
- Include fiber to support digestion and heart health (e.g., fruits, vegetables, whole grains)
- Contain healthy fats for brain and heart health (e.g., avocado, nuts, seeds, olive oil)
- Be easy to chew and digest, especially for those with dental or swallowing difficulties

Fruits and Fruit-Based Snacks

- Fresh berries, grapes, or sliced apples for fiber and antioxidants
- Fruit smoothies blended with yogurt for added protein
- Greek yogurt with fruit for calcium, probiotics, and protein

Vegetables and Dips

- Soft or lightly steamed vegetables like carrots, bell peppers, or zucchini
- Hummus or avocado as dips for fiber, healthy fats, and plant-based protein
- Baked sweet potato chips seasoned with herbs for a nutrient-rich alternative to regular chips

Protein-Rich Snacks

- Hard-boiled eggs or small portions of lean meats
- Cottage cheese with fruit or whole-grain crackers
- Homemade protein balls or energy bites made with nuts, seeds, and oats
- Healthy Fats and Nuts
- Small servings of almonds, walnuts, or pistachios for heart-healthy fats
- Nut butter spread on whole-grain toast or fruit slices

Soft nut-based desserts like semifreddo or pudding for added calories and nutrients when appetite is low