Nutritious Snacking
“Eat a little, do it often”

Eating food and drinking water regularly throughout the day is important for us to maintain energy and to be healthy. We should eat 5-6 small meals and snacks throughout the day. We should also drink water regularly with and between meals and snacks.

Here are some snack suggestions:

- Prepare half a sandwich with tuna, egg, cold cuts, or other filling with lettuce, tomato, cucumbers, and other veggies.
- Snack on boiled eggs, cheese, nuts, pudding, apple sauce, or yogurt and fruit.
- Mix yogurt with frozen fruit (mixed berries, assorted mixed fruit, etc.) to make a slushy frozen yogurt treat.
- Add fresh, frozen, canned, or dried fruit in dry or cooked cereal with milk.
- Prepare cheesy veggies by melting American, cheddar, or other type of cheese on fresh, frozen, or canned vegetables.
- Eat regular or sweet potato.

Trail Mix

Ingredients:
- 1 cup circle shaped cereal
- 1 cup square shaped cereal (rice, wheat, corn – one or more combined)

Directions:
1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. KEEP in airtight container.

Variations:
For breakfast add milk and fresh fruits. Eat cereals with 100% fruit juice. Use a mixture of any 2 or more cereals. Add pretzels, nuts, and/or dried fruits.

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)