

# Seniors Eating Well Snippets

## Module 4 – Smart snacking

**Setup:** Put the “cue block” and leaflets for the module on your registration table. You will need some pens to hand out too.

**Explanation for “pass the pig”:** Use to answer the healthy snack question below; have participants stand in a circle and pass to each other. Each time someone catches the pig, they come up with an answer.

**Optional:** As a little treat and to promote that nuts are a good protein source and a smart snack, you could bring some nuts (e.g. almonds or Brazil nuts) – check no nut allergies in the group first – and hand out at the end. Or, if you are able, bring another easy to prepare healthy snack like fruit of hummus and high fibre crackers.

Hold up the cue board. *Can you guess what this module is about?*

- *Smart snacking. It may be obvious, but many snacks that are high in fat and sugar, like biscuits, cakes and slices should be occasional foods and not everyday foods that we eat regularly. These foods are all around us – just think about when you go to a café or visit a friend, or what the most visible snacks are in the dairies and supermarkets. And of course, home baking is a lovely way of showing you care about friends and family!*
- *But as you have found out over the previous modules, our need for important nutrients like protein, calcium, B12 and fibre become greater as we age... and all the aforementioned treats have none of these. So, we are missing out on an important opportunity to boost our daily intake. For those people that are trying to gain weight or recover from illness snack are particularly important.*
- Use “pass the pig” to have the group brainstorm a few healthy snack ideas. **Try to name snacks that contain either protein or fibre.** Then point out the list of other smart snacks on the back of the handout.
- *It’s also important to eat at regular intervals to keep energy levels up. If your meals are more than 4 hours apart, having a snack can give you a boost.*

### Quiz Questions:

1. Snack time can also be an important opportunity bump up your fluid intake. New Zealanders are big tea and coffee drinkers. These caffeinated beverages are diuretics (they make you urinate more frequently), but do they cause you to lose more fluid than you are taking in? Yes or no?

**ANSWER:** The answer is no. Tea and coffee do not cause you to lose more fluid than you are taking in by drinking them. (For the average cup of tea that contains around 50mg of caffeine you will lose about 50mL fluid, so you still gain 200mL). So, the fluid from coffee and tea still counts towards your total fluid intake. The recommendation is for a **maximum** of 4 caffeinated beverages per day.

2. Hummus is a great snack on crackers or bread or as a dip – but what is it made of?

**ANSWER:** Chickpeas (a good source of protein and fibre)

3. Cheese and crackers is a great snack (more protein and calcium than black tea and a sweet biscuit), but how much is a serving of cheese? Is it equivalent to the depth and length of your: thumb, your forefinger and middle finger together (see picture) or all your fingers combined?

**ANSWER:** The second – it is 40 grams. Edam cheese is a healthy low-fat choice. For something that tastes stronger, Noble cheese is also a good low-fat option. In sauces, salads or on sandwiches try these options that are even lower in fat: Cottage cheese, ricotta, haloumi, reduced-fat cream cheese, feta, mozzarella.



Who got all 3 questions correct?

#### **Application:**

Ask the group: *Write down on the back of your Smart Snacking handout one new healthy snack you'd like to try this week.*

(Hand out pens).

#### **Handouts:**

- *Smart Snacking*
- *Eating for Healthy Older People*