



# Healing From the Inside Out: Power Snacking

## SNACKS ARE EXTRA NUTRITIONAL INSURANCE

Snacking throughout the day is a good way to sneak extra calories and protein into your diet, particularly if you have lost your appetite or feel fatigued.

## FUELING YOUR BODY

Think of snacks as small meals. Aim for snacks that are between 150 and 300 calories and provide a mix of protein, fat, and carbohydrates. The key to snacking is having snacking foods ready that do not require much preparation or effort.



### To save time:

- Cut up raw vegetables ahead of time so they are ready to eat
- Keep fruit in a bowl on the table or cut up in the refrigerator

## YOUR SNACKING GOAL

Fast, nutrient-dense, and enjoyable snacks!

### SNACK TIP

Make a dozen hard-boiled eggs on Sunday for a grab-and-go, high-protein snack during the week.



## GREAT POWER SNACKS

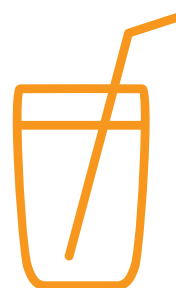
- One string cheese and whole-grain crackers
- ½ cup nonfat yogurt mixed with fresh fruit, topped with granola
- 1 tablespoon hummus, vegetables, and one small pita pocket
- One slice of turkey, one slice of cheese, and one slice of bread, with one piece fresh fruit
- ½ cup low-fat cottage cheese, ½ cup pineapple, and 1 tablespoon almonds
- One-half of a peanut butter and jelly sandwich, with one piece fresh fruit
- 6 ounces Greek-style yogurt, with ¼ cup granola
- 2 graham crackers, 1 tablespoon hazelnut spread, and one small banana
- ½ cup sorbet and 1 cup berries
- ¾ cup high-fiber cereal, 6 fluid ounces skim milk, and berries
- One fiber bar and one piece of fruit
- 20 almonds and one piece of fresh fruit
- One slice whole-grain bread, one slice cheese, tomato, and mustard

## HIGH-CALORIE SNACKS TO GO

Try packing dried fruits and nuts. High-calorie choices, such as raisins, dried apricots, dates, and nuts, are easy to pack, so you always can have some with you.

## DRINKS PROVIDE ADDED NUTRITION

- Make a milk shake or smoothie
- Buy a ready-to-drink nutrition shake at the grocery store
- Try different recipes and flavors to find your favorites



## FIBER FACT

Choose whole fruits and vegetables (fresh, frozen, or dried) over juices, which have most of the fiber removed.

### Based on information from:

Baranoski S, Ayello EA. *Wound Care Essentials: Practice Principles*. 3rd ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2012.

Dietetics in Health Care Communities Dietetic Practice Group. In: Niedert KC, ed in chief, Carlson MP, ed. *Nutrition Care of the Older Adult: A Handbook for Nutrition Throughout the Continuum of Care*. 3rd ed. Chicago, IL: Academy of Nutrition and Dietetics; 2016.