

Healthy Snacks for the Elderly

Choose healthy & Nutritious snacks



Boost Appetite

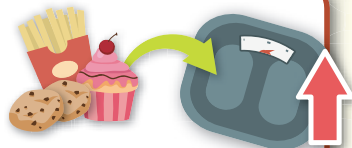


Improve Nutrient Intakes*

*Especially for those with poor food intake, small appetite or underweight



Don't choose snacks High in Fat, Sugar or Salt



Weight Gain



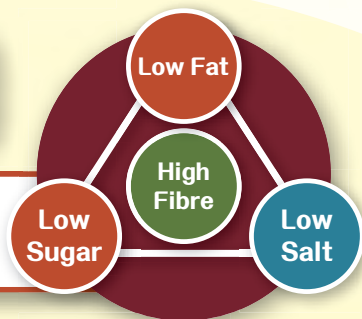
↑ Risks of Chronic Diseases
e.g. Hypertension, High Blood Cholesterol and Diabetes Mellitus



For any queries about this pamphlet, please consult a healthcare professional.



Smart Tips for Choosing Snacks



- 1 Follow the healthy eating principles of “3-low-1-high”. This can help control body weight.

- 2 Choose a variety of healthy foods from different food groups to help obtain a wide range of nutrients.



- 3 Choose snacks in appropriate portion to avoid excessive energy intake which will lead to weight gain.



- 4 Serve snacks only once in between meals with an interval of at least 2 hours, in order to avoid spoiling the appetite for the next meal.

Lunch



Afternoon Tea



- 6 Use by XX.XX.XXXX
此日期或之前食用

Store the snacks appropriately and finish them before the expiry date.

- 5 Read the nutrition labels on pre-packaged foods. Compare similar products and look for snacks with lower contents of energy, fat, sugar and salt.

Nutrition Information 營養資料	
Per 100ml / 每 100 毫升	
Energy / 能量	40kcal / 千卡
Protein / 蛋白質	2.4g / 克
Total Fat / 總脂肪	1.2g / 克
- Saturated Fat / 飽和脂肪	0g / 克
- Trans Fat / 反式脂肪	0g / 克
Carbohydrates / 碳水化合物	5.0g / 克
- Sugar / 糖	4.8g / 克
Sodium / 鈉	10mg / 毫克



Grains



- ✓ Choose more high-fibre choices which can increase satiety and reduce the chance of over-eating. This helps control body weight.



Oatmeal with low-fat milk



Toast with small amount of peanut butter, wholemeal bread



Steamed plain bun



Wholemeal crackers



Caramel treat, pineapple bun, cocktail bun

Custard bun



Sandwich biscuits, digestive biscuits



Cakes and pastries



Boiled corn



Steamed sweet potato



Steamed vegetable dumplings



Fresh fruits



Cherry tomato



Unsweetened dried fruits

Vegetables & Fruits

- ✓ Vegetables and fruits are high in potassium which can facilitate blood pressure control.
- ✓ The high dietary fibre content in vegetables and fruits facilitates bowel health, and soluble fibre can improve blood cholesterol control.



Crisps and chips



Salad with large amount of salad dressing



Preserved fruits such as preserved plums



Sweetened canned fruits



Sweetened fruit juice



Low-fat or skimmed milk



Low-fat cheese,
low-fat plain
yoghurt



Low-sugar
calcium-fortified
soymilk

Milk & Alternatives

✓ Taking a serve of dairy snack can boost the protein intake of elderly who are underweight or have poor appetite.



Whole-fat
milk



Evaporated
milk



Condensed
milk

Whole-fat or
sweetened yoghurt,
ice cream



Whole-fat cheese,
cheesecake



Meat, Fish, Egg & Alternatives



Certain Chinese dim sums, such as steamed beef ball and spare ribs, contain substantial amount of hidden fat. They can lead to weight gain and increased blood cholesterol and therefore should be avoided.



Boiled egg



Steamed dace fish ball



Beancurd dessert with
small amount or no sugar



Dry-roasted
plain nuts



Chestnut



Fried foods such
as fried fish fillet
and fried stuffed
vegetables



Processed meat
such as luncheon
meat and sausages



Salted roasted
nuts and
peanuts



Preserved
snacks such as
pork floss

Others (e.g. Desserts, Beverages)



Desserts that are high in fibre, such as papaya and white fungus sweet soup and red bean pudding, can be healthy snack choices. Desserts with high protein content, such as steamed egg custard and beancurd sheet sweet soup with pearl barley, can increase the nutrient intakes of people who are underweight or have poor appetite. Homemade desserts are recommended in order to limit the use of sugar.



Hot lemon tea or water with little sugar or sweetener are better beverage choices at restaurants.



Desserts or drinks added with coconut milk, evaporated milk or condensed milk, such as coconut sago dessert, iced red bean drink and milk tea, should be avoided for their high saturated fat content which will increase blood cholesterol level.



Most pre-packaged beverages or instant drinks are usually added with large amount of sugar. Drinking too much will lead to excess intake of energy and sugar. Replacement with low-sugar or sugar-free alternatives, plain tea or water is recommended.



Other snacks such as candies and chocolate are mostly high in sugar or fat. Eating too much can lead to weight gain.

Healthy Snack Recipe

Red Rice Balls with Corn Kernels & Tuna

Cooking Methods :

1. Soak red rice in water for 3 hours.
2. Rinse, mix and cook red and white rice together. Let the cooked rice cool down and then mix in sushi vinegar.
3. Drain away the water of the canned tuna and corn kernels. Mash tuna and mix it well with corn kernels and the prepared rice.
4. Cut seaweed into pieces of long rectangular shape. Wet hands with little sushi vinegar and mold the rice mixture into balls or other shapes. Finally wrap with a piece of seaweed and the rice balls are ready to serve.

Ingredients

(about 20 pieces) :

White rice	200g
Red rice	50g
Sushi vinegar	2Tbsp
Canned tuna in water	100g
Canned corn kernels	100g
Seaweed	1big piece



Nutrition Tips

Red rice is rich in dietary fibre, vitamin B complex and minerals such as zinc and iron, which can increase satiety, improve bowel health and maintain body metabolism. Having one piece as afternoon tea is satisfying and nutritious.



Tuna is rich in protein and unsaturated fat, which can help control blood cholesterol. Tuna canned in water is recommended to reduce the intake of fat.

Enjoy a wide range of healthy snack choices

Eat at appropriate time in appropriate portions

Follow the “3-low-1-high” healthy eating principles

Cherish good health and nutrition at all times

Elderly Health Service, Department of Health
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