



LIBERTY cares about more than just teeth!

Adult Care

help sheet: Snack Ideas



Health tip:

bananas are rich in Potassium and helps to prevent muscle cramps, especially when taking prescribed water pills for high blood pressure.

morning riser

toasted treat: your favorite bagel or whole grain bread topped with cream cheese or unsalted and unsweetened almond or peanut butter. Top it off with raisins or dried cranberries.

fresh or dried fruit: apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon.

hard-boiled eggs: an easy high-protein, snack with healthy fat for sustained energy. Use salt-free seasonings.

whole-grain goodness: grab a healthy whole grain granola bar.

morning blender

smooth and easy: grab your juicer and mix up your favorite greens and fruits for a super nutritious drink. Add fresh ginger to boost your immune system.

orange gold: 1-2 scoops of protein powder blended with 100% fresh orange juice and a scoop of vanilla sorbet for a dessert-like treat!

mid-day energy

skinny dipping: raw vegetables (broccoli, carrots, celery cauliflower, cucumber slices) with low-fat dressing.

stuffed celery: raw celery stuffed with cream cheese or unsalted and unsweetened almond or peanut butter.

devil-licious: deviled eggs. Instead of mayo, try plain yogurt and salt-free herb seasoning.

fish & crisp: whole grain wheat or rye crisps topped with tuna or albacore.

fresh or dried fruit: apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon.

grab a handful: 1 serving of your favorite trail mix blend will satisfy cravings and provide afternoon energy.

cookie-licious: for an occasional cheat treat grab a fresh-baked oatmeal peanut butter cookie with walnuts.

before the gym

on-a-roll: 1 banana, sliced and rolled in wheat germ and or chopped almonds.

yogurt: yogurt cup with almonds.

liquid gold: 1-2 scoops of protein powder blended with your favorite juice, or blended with 1 cup cooked oatmeal, 30g of walnuts and 1/2 a banana.

evening cravings

lite & delicious: air-popped popcorn with salt-free Spike seasoning sprinkled with dried Parmesan cheese.

easy cheesy: whole grain wheat or rye crisp crackers topped with cheese or cottage cheese and sliced tomatoes.

cheese please: string cheese or a couple slices of your favorite cheese.

hi-protein: scrambled egg whites with fresh salsa and a slice of fat-free cheese.

orange gold: 1-2 scoops of protein powder blended with 100% fresh orange juice and a scoop of vanilla sorbet.

fact: sugar promotes cavities

Sugar may be yummy in the tummy, but bad for teeth. Sugar feeds bacteria in the mouth which can lead to cavities. **Always rinse your mouth with water after eating sugary foods or drinks.**

tip: drink water after dark

If thirsty before bed drink water and **not fruit juice or sodas**. Water will keep your mouth cleaner, preventing bacteria which leads to tooth decay. **Brush your teeth before bed!**

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