



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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