



## Senior Friendly Food Items \*list is not inclusive\*

### GRAINS

Fiber- plus or other type granola bar	Pasta – preferably whole wheat
Grits	Rice cakes
Brown rice	Flour
Oatmeal	Whole grain items i.e. bread
Cream of Wheat	
Raisin bran, Toasted Oats, Corn Flakes, Cheerios, Kix, Chex, Product 19, Special K, Grape Nuts, bran cereal or similar type low sugar-added breakfast cereal	

### PROTEIN

Canned tuna	Peanut butter
Canned chicken	Cheese and/or peanut butter crackers
Nuts	Beans, lentils – canned or dried
Shelf stable milk	Grape nuts
Single-serve meals with protein e.g. beans & franks, beef stew, macaroni o's, chili, lasagna, beans and rice, mac & cheese	

### FRUITS AND VEGETABLES

Canned vegetables	Single serve fruit cups in juice or water
Applesauce	Gummy fruit snacks
100% fruit and vegetable juice	Raisins
Tomato sauce (cans, jars, low-sodium)	Fresh fruits and vegetables

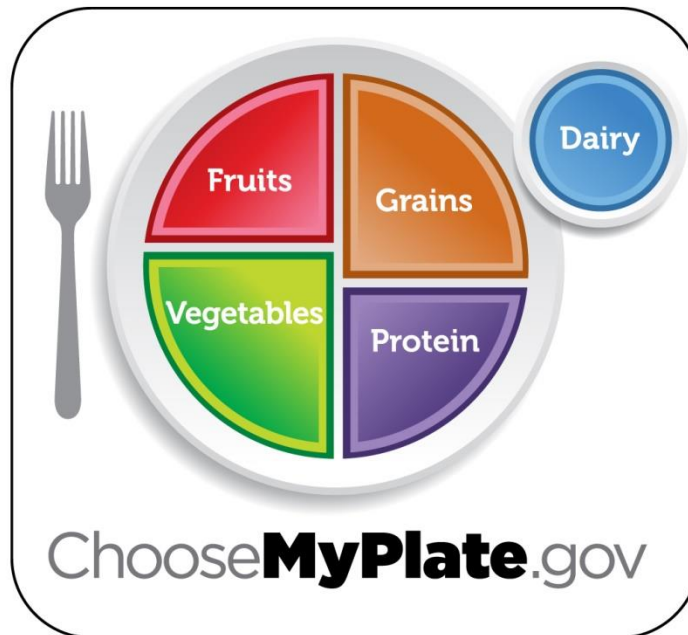
### SNACKS ETC.

Pudding cups	Decaf coffee, tea, water
crackers and cookies	Ensure/ Boost nutrition drinks
Pop-top can items	Low sodium items
Sugar free items	Soups- meat and vegetable

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## Food Items Not Appropriate

Candy
Chips
Sugar cereals
Soda, sports drinks, pseudo-fruit drinks
Bakery goods (including homemade items): cakes or cake mixes, pies, cookies, donuts, pastries, scones, danish, breakfast bar, tarts, muffins or muffins mixes.



This material is made possible through a Walmart Foundation Grant

