

## Snacking at Night: Good or Bad?

As people age, their sleep patterns may change. According to the National Sleep Foundation, 44 percent of older adults experience one or more nights of insomnia per week. A night time snack containing the right nutrients can help older adults calm the body, relax the mind and promote better sleep.

If you choose to eat a night time snack, it should be eaten at least an hour before bedtime to avoid the possibility of heartburn (acid reflux). It should be 200 calories or less, and contain complex carbohydrates and a small amount of protein. These two nutrients are thought to raise the levels of tryptophan and serotonin in the blood, which makes a person feel drowsy.

Some healthy night time snack options include:

- String cheese
- Greek yogurt
- Apple or banana with peanut butter
- Oatmeal or other whole grain cereal with milk



- Half cup of cottage cheese and fruit
- Whole grain tortilla with hummus
- Slice of raisin toast with nut butter
- Whole grain crackers with 1 oz of cheese
- Scrambled or hard cooked egg with toast
- ½ Turkey sandwich on whole grain bread

There are some foods you should avoid before bed time such as high fat or spicy foods or excessive sweets. Avoid drinking caffeinated beverages or alcohol, which can affect the quality of sleep. Also limit amount of liquid you consume so the need to urinate won't wake you up in the middle of the night.

### Dining Centers & Days of Service Call for Lunch Reservations

#### LINN COUNTY

##### Albany Senior Center

Monday - Friday (541) 967-7647

##### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

##### Lebanon Senior Center

Monday - Friday (541) 451-1139

##### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

##### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

#### BENTON COUNTY

##### Corvallis Senior Center

Monday - Friday (541) 753-1022

#### LINCOLN COUNTY

##### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

##### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

##### Siletz, Tribal Community Center

Mon. & Wed. (541) 444-9169

##### Toledo, Trinity United Methodist

Friday (541) 336-2450

##### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796