

Healthy Snacks for Healthy Children

Healthy Snack Tips

- When you shop for food, buy healthy foods which make quick and easy snacks.
- Choose safe foods. Children under 3 years old, may choke on small, round, and sticky foods such as hot dogs, nuts, popcorn and whole grapes. Avoid these foods until your child is at least 3. Always sit with children when they are eating.

Quick and Healthy Snack Ideas

Fruit – apples, bananas
pieces of meat
nuts (almonds, walnuts etc)

whole grain breads
crackers
small raw vegetables

milk
cheese
yogurt



Help your child drink for health!

Water is best for a thirsty child.

Children, like adults, need to drink water to stay healthy. Offer it to them often during the day. You can "jazz it up" by serving it in a fun cup.

What about juice?

Limit juice to 4-6 ounces a day. If you give young children more, they might not be hungry for meals. Therefore, give it with meals.

What about milk?

Milk at meals and in between meals is a great way to make sure your child gets enough calcium*. *Calcium helps build healthy bones and teeth.* Young children need 4 to 6 small cups of milk each day. (A small cup is about 4 ounces.)

Remember, your child sees what you drink. You set a good example, when you:

- Drink lots of water during the day
- Limit juice
- Limit soda and fruit drinks
- Drink milk with meals

*Children under the age of 2 should have whole milk. They need the extra calories from fat for growth and brain development. After the age of 2, children can have low fat or skim milk.