Why snack on healthy foods?

- A lot of snack foods are high in fat and sugar, high in calories, and low in nutrients
  - Examples: potato chips, candy, soda, juice, and fast food
- Eating sweet foods as snacks makes your child more likely to get cavities.
- Snacking is a great time to add fruits and vegetables to your child’s diet.

Healthy Snack Foods:

- Whole grain breakfast cereal (dry or with low-fat or non-fat milk)
- Whole grain crackers
- Low-fat or fat-free yogurt or cheese
- Unsalted nuts
- Fresh or dried fruit

Tips for Snacking on Healthy Foods

(Check once you have tried each of the following):

☐ Ask your child to choose fruits, vegetables, and other healthy snacks while shopping. If they choose the snacks, they are more likely to eat them.
☐ Try keeping a bowl of fruit on the table.
☐ Prepare healthy snacks for peak snacking times.
☐ Make smoothies: blend fruit and low-fat or non-fat yogurt or milk, and ice.
☐ Use cookie cutters to cut fruit or vegetables into fun shapes.
☐ Make small sandwiches using whole-wheat bread.
☐ Make small quesadillas with low-fat (1% or less) cheese.
☐ Try baked pastelitos with vegetables or low-fat cheese.