



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.



This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.