

# SNACKS

## An Important Part of a Child's Diet

### Healthful Snack Food Ideas:

- ☺ low sugar ready-to-eat cereals
- ☺ whole-grain crackers and bread
- ☺ graham crackers
- ☺ Popcorn\*
- ☺ peanut butter\* spread thin on bread or crackers
- ☺ veggies\* with low-fat dip
- ☺ hard cooked eggs
- ☺ bean dip spread thin on crackers
- ☺ canned or fresh fruit chunks
- ☺ 100% fruit juice (1/2 - 2/3 cup/day)
- ☺ cheese - slices or strings
- ☺ yogurt
- ☺ cooked vegetables
- ☺ muffins
- ☺ fat-free or 1% milk
- ☺ small bagels
- ☺ pudding
- ☺ cottage cheese with fruit chunks
- ☺ luncheon meat (rolled) or small pieces of cooked meat\*



**\*May cause choking in young children**



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