

snack time

Does my child need snacks?

Yes, your child has a small tummy and needs 3 meals and 2 to 3 snacks each day.

Offer snacks at about the same times each day.

Make a routine that works for your family - children thrive on routines.

- Offer a snack between breakfast and lunch, a snack between lunch and dinner, and maybe a snack before bedtime.
- Don't offer a snack too close to a meal - no snacking 1 to 2 hours before a meal.

keep it simple with fruits and vegetables:

- orange or clementine segments
- banana slices
- apple, mango, papaya or kiwi slices
- strawberries, blueberries, raspberries
- cantaloupe or watermelon chunks
- carrot sticks or baby carrots
- broccoli or cauliflower pieces
- cherry tomatoes
- pea pods
- pepper strips
- cucumber slices



Are jelly fruit snacks a good choice?

No, most jelly fruit snacks are high in sugar and have very little real fruit. Some have only 10% fruit juice.

Eat real fruit!

is snacking all day a problem?

Yes, a child who snacks all day could be:

- not hungry at meals and seem fussy.
- snacking on unhealthy foods.
- eating when he is bored or stressed, and not when he is hungry.
- eating too much and too often, and become overweight.



Snack smart together.

© Nutrition Matters, Inc.

easy snacks for kids

fruits

cut a kiwi in half and eat with a spoon with a sprinkle of cinnamon
with no added sugar -
s, apricots,
ges, mixed fruit

foods

with canned peaches or pears

gs

and eat
on a tiny bun
and ham

ckers

ces of cheese
non-fat salad
serve on crackers

s

oplesauce
tter on a cracker,
another cracker

akfast cereals

meal
meal with milk

snack mix

er your favorites:
akfast cereals -
3 different cereals
uits and raisins
ble grain crackers
raham crackers
Pretzels
grain granola
ack mix in a small bag.
long when traveling.



ck right

with your child

Watch TV, read or play on the computer without snacking.
Put a serving of your snack in a dish, such as 4 to 8 crackers.
Don't eat from a box or bag.

State of Wisconsin
Department of Health Services
Division of Public Health
P-00726 (08/2014)

