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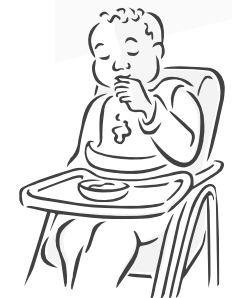
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HEALTHY SNACKS FOR YOUNG CHILDREN




Funded by First 5 Placer County
Children and Families Commission

- Children have small stomachs, so they may need to eat 3 meals each day along with 2 to 3 snacks between these meals.
- Offer snacks at scheduled times. Try to keep 2 hours between meals and snacks.
- Offer fruits, vegetables, and whole grains as snacks to children regularly.
- Try to include at least 2 food groups at each snack.
- Be aware of snacks that may cause choking hazards such as popcorn, nuts, grapes, seeds, hotdog pieces, chips, peanut butter, raw vegetables, and raisins.
- Be sure to limit high fat and sugary snacks.



NUTRITIOUS SNACK IDEAS

Snack	Serving Suggestions	Snack	Serving Suggestions	Snack	Serving Suggestions	Snack	Serving Suggestions
Bananas	Dip in low-fat yogurt or spread with peanut butter.	Ready-to-eat cereals	Provide cereals low in sugar and high in fiber.	Fruit shake	Blend fresh fruit (bananas, berries, etc) and low-fat milk.	Tomatoes	Cut cherry tomatoes in half and drizzle with olive oil.
Flour tortillas	Spread with refried beans, sprinkle with grated cheese and serve with salsa.	Pita bread	Fill with low-fat yogurt and shredded cucumber.	Parfait	Layer low-fat yogurt, fruit and granola in a cup and serve.	Hummus	Try with pretzels, pita, or tortilla.
Sliced apples	Serve with a dip of peanut butter.	Soup	Serve a cup of vegetable or minestrone soup.	Eggs	Serve a hard cooked egg cut into fourths.	Turkey Roll-Up	Place lean turkey meat with shredded carrots and low-fat cream cheese on a tortilla. Roll up and serve.
Fresh raw vegetables	Serve with a dip of cottage cheese or low-fat yogurt.	Bagels	Spread with cream cheese or peanut butter. Add chopped bananas or crushed pineapple.	Frosty yogurt	Combine fruit juice and low-fat yogurt, add fresh fruit.	Peanut Butter Banana Sandwich	Place peanut butter on one slice of whole wheat bread. Add sliced bananas and second piece of bread. Slice into quarters and serve.
English muffin	Top with spaghetti sauce and grated cheese.	Fruit Kabobs	Place small chunks of melon, cheese, and banana on a coffee stir stick.	Cheese Quesadilla	Place shredded cheese on a flour tortilla; melt in microwave a few minutes and serve.		
Celery	Spread with peanut butter and sprinkle with raisins.			Fish	Put tuna on whole wheat crackers.		