

# Snack Guide for Young Children 1 - 3 Years Old

Snacks are an important part of a child's diet. Most young children don't eat enough food in three meals to meet their daily needs so they need healthy snacks. Serve snacks at least two hours before the next meal.

Limit snack foods that are high in fat, sugar and salt (such as potato chips, candy and pop). These foods make your child less hungry for other more important foods.

## Snack Suggestions

- Milk
- Pieces of unsweetened canned fruit
- Pieces of soft, fresh fruit such as ripe melon
- Crackers or toast with peanut butter or cheese
- Unsweetened cereal like Cheerios or Kix, dry or with milk
- Hard cooked eggs, sliced or quartered
- Canned or cooked carrots or beans
- Plain yogurt with fruit
- Cheese cubes or slices
- Cottage cheese
- Pieces of tuna
- Fish sticks

Offer your child water to drink, but please give plain water only. Do not add sugar, honey, corn syrup, Kool-Aid, Jell-O or pop. Sugar can cause tooth decay and takes away your child's appetite for more important foods.

## Toasted Cheese

- 1 slice of bread
- 1 slice of cheese

1. Place cheese on bread and broil until cheese is melted.
2. Allow to cool and slice in quarters, small strips, or make fun shapes using a cookie cutter.

## ABC Bread

- 1 slice of bread
- 2 teaspoons peanut butter
- Unsweetened alphabet cereal

1. Spread peanut butter on bread.
2. Top with cereal letters to say "I love you," or child's name.

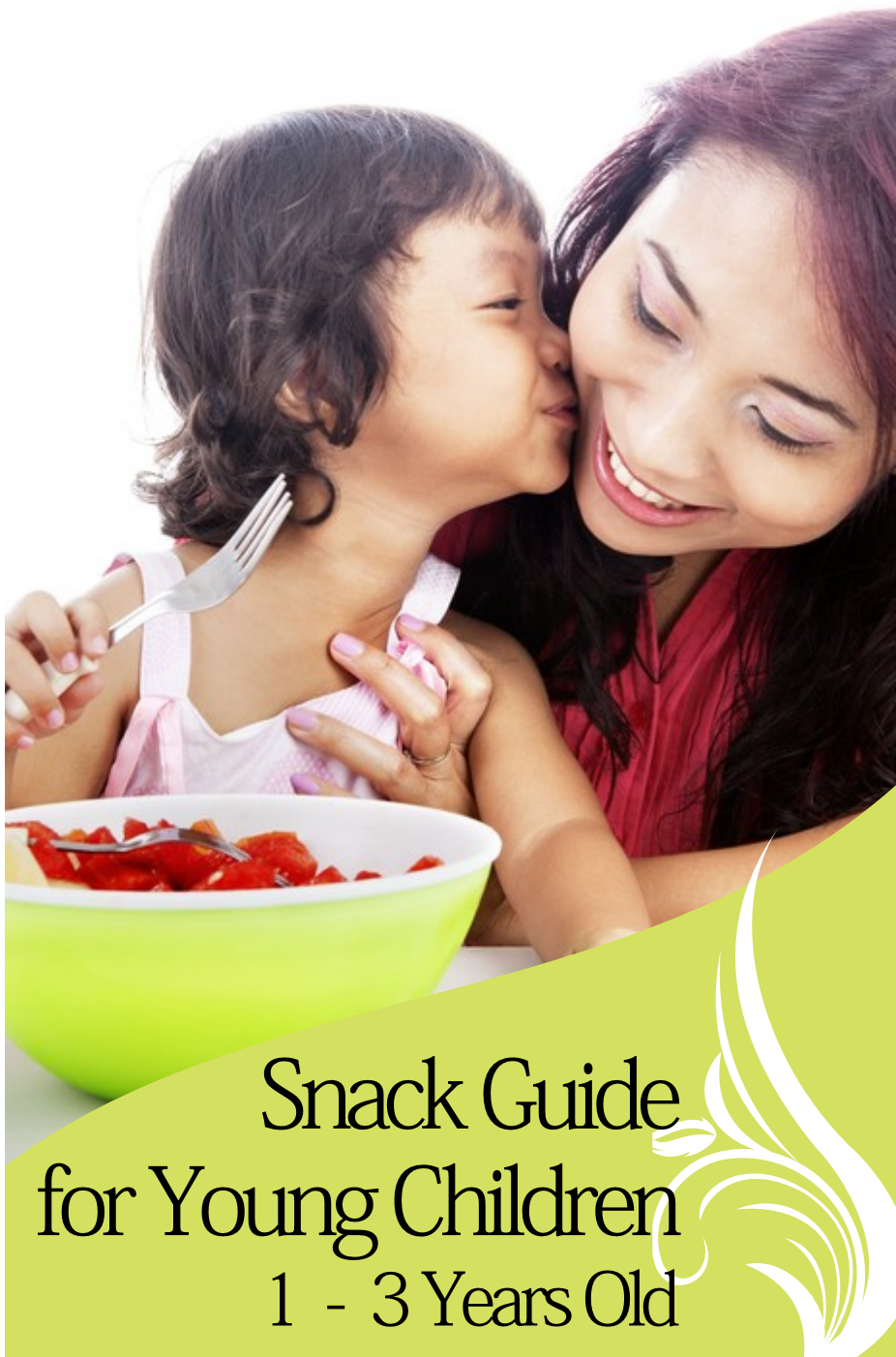
## Yogurt Sundae

- $\frac{1}{4}$  cup plain yogurt
- $\frac{1}{4}$  cup unsweetened applesauce or soft canned fruit

1. Spoon half of yogurt in dish. Top with half of the applesauce.
2. Repeat layers.



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Department of Public  
Health & Environment



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