



Nutrition and Physical Activity Self-Assessment for Child Care

Eating between Meals: Snacking for Kids



Here's Why It's Important...

Snacks are important and may add up to 25% of a child's food intake in one day! If a child is not very hungry at lunch he or she may compensate at snack time; therefore, serving healthy snacks is important. See below for some GOOD snack choices. Snacks are a great way to get children to try new foods. Have children create their own snacks by making yogurt sundaes with fresh or frozen fruit and unsweetened cereal. Snacks should be rich in vitamins and minerals and low in added sugar to keep children healthy. Snacks with lots of added sugar contain extra calories, which can contribute to unhealthy weight gain. They also increase our preference for sweet foods and increase the occurrence of cavities!

Simple Snack Ideas

Instead of...

- ☹ Soda or diet soda
- ☹ Chips with dip
- ☹ Cookies and whole milk
- ☹ Ice cream
- ☹ Snack bars
- ☹ Cheese puffs/doodles
- ☹ Fruit snacks (roll-ups and gummies)
- ☹ Pop-Tarts
- ☹ Candy

Try...

- ☺ Carbonated water mixed with 100% fruit juice
- ☺ Crunchy raw carrots, pepper strips, and cucumber slices with low-fat Ranch or hummus.
- ☺ Graham Crackers with peanut butter and skim milk
- ☺ Plain or vanilla yogurt mixed with fresh fruit
- ☺ Whole grain crackers (ex. Triscuits) with cheese cubes
- ☺ Small bag of plain popcorn
- ☺ Sliced peaches with cottage cheese
- ☺ Granola bar
- ☺ Trail mix (raisins, cheerios, pretzels, banana chips)