



Healthy Snacks for Preschoolers



Milk (1/2 cup)

1% or skim milk*

* Children under 24 months should be served whole milk. Make sure that milk is refrigerated at a temperature of 45°F or lower until it is served.

Grain foods*

Whole wheat or enriched bread (1/2 slice)

Triscuits (3 crackers)

Whole wheat or enriched tortilla (1/2 of 6" tortilla)

Whole wheat or enriched bagel (1/2 of 1 oz. bagel)

Whole wheat or enriched english muffin
(1/2 of muffin half)

Whole wheat or enriched pita bread (1/2 of 4" pita)

* Check the label to find grain foods that have at least 1 gram of fiber per 50 calories.

Cereals* (1/3 cup dry cereal)

Multigrain, Wheat, or Corn Chex (General Mills)

Wheat Pockets (Safeway)

Life (Quaker Oats)

Raisin Bran (Post or Kellogg's)

Cheerios (General Mills)

Wheaties (General Mills)

Corn Flakes (Kellogg's)

Kix (General Mills)

* For other cereals, check the label. Look for cereals that are fortified to contain *at least 45% Daily Value (DV) of iron*. Avoid cereals with added sugar.

Protein foods

Part skim mozzarella cheese (1/2 oz.)

Lowfat cottage cheese (1/8 cup)

Lowfat yogurt - plain or flavored (1/4 cup)

Peanut butter (1 tbsp.)

Hummus [bean dip] (1 tbsp.)

Slices or cubes of lean turkey, chicken, ham, or roast
beef (0.5 oz.)

Hard-boiled egg slices (1/2 egg)

Fruits* and Vegetables** (1/2 cup)

Vitamin C-rich fruits and vegetables

Oranges

Pineapple

Strawberries

Kiwifruit

Honeydew melon

Raspberries

Watermelon

Green peppers

Cauliflower

Vitamin A-rich fruits and vegetables

Apricots

Nectarines

Carrots

Frozen mixed vegetables

Spinach

Pumpkin

Vitamin A&C-rich fruits and vegetables

Tangerines

Mandarin oranges

Cantaloupe

Papayas

Mangoes

Broccoli

Red peppers

Sweet potato

Tomatoes

Orange juice

Pineapple juice

Vitamin C-fortified apple juice

Vitamin C-fortified grape juice

* Serve fresh or frozen fruit or fruit canned in water, 100% juice, or lite syrup if possible.

Choking Alert!

Avoid giving children under the age of four foods that are round and hard, sticky, or cut into large chunks. Cutting foods into smaller pieces can make them safer for children. Cut foods so that they are no larger than 1/2" in round for preschoolers and 1/4" for toddlers.



How can adults help children learn during mealtimes?



Talking to children about food, cooking, and nutrition can help to promote language, social, emotional, and physical development. You can help children to learn basic math, science, and creative skills that will help them to be successful in school!

To promote...	Example activities
Language development	<ul style="list-style-type: none"> ☆ Read each step of a recipe out loud. Talk to your child about how the steps of a recipe go in order: “First we will add the ingredients to the bowl. Next we will stir them together with the spoon.” ☆ Point out words and letters. Talk about the names and letters on packages as you are shopping or preparing food. ☆ Teach your child new words to describe food. Use sight, touch, and taste words to describe foods: <ul style="list-style-type: none"> → “This yellow pear tastes sweet.” → “This kiwi is fuzzy on the outside and green and soft on the inside.” ☆ Ask children questions about food and nutrition: <ul style="list-style-type: none"> → “I see that you are eating a red apple. How does it taste?” → “We are drinking milk today. Why do you think we drink milk?”
Math skills	<ul style="list-style-type: none"> ☆ Have your child help you count things. Count how many people will be eating a meal and how many forks, knives, spoons, and napkins you will need to set the table. ☆ Help your child classify foods. <ul style="list-style-type: none"> → <i>Food groups:</i> milk, cheese, and yogurt are all dairy foods. → <i>Colors:</i> apples and strawberries are both red foods. → <i>Shapes:</i> oranges and peaches are round foods. ☆ Help your child to compare amounts of foods: <ul style="list-style-type: none"> → “Would you like your sandwich whole or cut into two halves?” → “Is your cup empty or full?”
Science skills	<ul style="list-style-type: none"> ☆ Talk to your child about where foods come from. Explain that milk comes from cows and apples come from trees. ☆ Talk to your child about why foods are good for our bodies: <ul style="list-style-type: none"> → “This cereal gives you the energy you need to run and play.” → “Eating carrots helps us to have healthy eyes.”
Social and emotional development	<ul style="list-style-type: none"> ☆ Talk about and demonstrate table manners: <ul style="list-style-type: none"> → “Sometimes food spills off our plate. We can use a napkin to clean it up like this.” → “Can you please pick up the bowl with the potatoes in it and pass it to me with two hands? Thank you very much.” ☆ Talk about family food traditions: “My grandma used to make special oatmeal for me every time I visited her. Would you like to make some special oatmeal?”
Physical development	<ul style="list-style-type: none"> ☆ Encourage the development of fine motor skills. Show children how to use utensils. Have children spread peanut butter on their bread instead of doing it for them.
Creative development	<ul style="list-style-type: none"> ☆ Draw pictures. Have children draw a picture of what their plate looks like. ☆ Make up a silly song about food. A song can be as simple as “Milk, milk, milk, it makes my bones strong. Mmmmmm!” ☆ Pretend. Pretend you are eating in a restaurant. Have your child take your food order. Collect empty cardboard food containers and paper grocery bags and have children pretend that they are grocery shopping.