

## What Can You Do?

- Establish regular snack times, to eliminate "grazing".
- Introduce new foods in smaller portions. It may take several tries before a child accepts a new food.
- Give children a choice between several healthy snacks.
- Provide snacks which offer servings from multiple food groups. (for example Apples and Whole Wheat crackers).
- Be creative! Make a funny fruit face or kabobs.
- Put together snack mixes, items that can be made ahead of time and brought out at a moment's notice.
- Allow kids to participate in snack preparation.
- Serve snacks and meals at the table.
- Serve skim or low-fat milk or water with snacks instead of sugary drinks and soda.

## Snack Ideas From Each Food Group

**Grains**– Dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas

**Vegetables**– Veggie "matchsticks" (thin sticks) made from fresh carrots or zucchini, bell pepper rings, cherry tomatoes, steamed broccoli, green beans, sugar peas, avocados

**Fruits**– Apple slices, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes, berries, dried apricots

**Dairy**– Low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese

**Protein Foods**– Egg slices or wedges, peanut butter, bean dip, hummus, slices of lean turkey or chicken, shelled pumpkin seeds

*To find this and other information regarding healthy snacking visit [www.choosemyplate.gov](http://www.choosemyplate.gov).*

# Better Bites

## Healthy Snack Tips for Your Kids!



add your  
logo here