Snacking Kids
Make Every Bite Count…More Fruits & Veggies

Children have small tummies and need snacks. Three meals a day is just not enough. They need to eat 3 meals each day along with 2 to 3 snacks between these meals.

Some children seem to snack all day long. Can this be a problem? Yes!

☀ Some children can become overweight. They may not be eating because they are hungry. They may be eating because the food is there and it tastes good. Some children also eat because they are bored. It is easy to overeat today.

☀ Some children can suffer from poor nutrition. Children who snack all day usually do not eat meals very well. They are not hungry at meal times. Their diets can be low in protein, iron and calcium.

Fun Snacks

☀ Fruit Kabobs – put chunks of soft fruit on pretzel sticks.

☀ Banana Pops – peel a banana and cut in half. Spread peanut butter on banana, roll in crushed cereal and wrap in wax paper. Freeze.

☀ Top yogurt with fruit (sliced strawberries, blueberries, chopped peaches, pineapple) and granola.

Timing of snacks

Offer snacks at scheduled times. Snacks are important, but your child also needs to eat meals with his family.

Try to keep 2 hours between meals and snacks.

★ If lunch was at 12:00, don’t serve a snack until at least 2:00.

★ If dinner will be at 5:00, don’t serve a snack after 3:00.

Snacks need to be planned and nutritious!

★ Offer 1 snack between breakfast and lunch.

★ Offer 1 snack between lunch and dinner.

★ Offer 1 snack before bedtime.
**Watch Less TV**

**Move More...Watch Less**

- Keep the television off during meals.
- Do not reward your child with television.
- Take the television out of your child’s bedroom.
- Watch less than 2 hours of television during the day.

**Drink less Juice**

**Eat more Whole Fruit!**

Make Every Sip Count...
More Healthy Beverages

Preschool children do not need juice every day. Limit juice to 6 ounces each day or less.

**Simple Snacks**

Snacks can be quick and easy!
- Orange
- Banana
- Kiwi
- Strawberries
- Blueberries
- Peaches
- Mandarin Oranges

**Fruit is a perfect snack**

❤️ Fruits are better for your child’s teeth. Candy, chips and cookies are high in sugar and cause tooth decay.

❤️ Fruits are less likely to cause overweight problems.

❤️ Fruits won’t spoil a small child’s appetite for his next meal.

**Snack on fruits with your child.**
Children copy what they see their parents and others doing.

Your child won’t want to snack on fruit if you are eating chips and candy.
Be a good role model for your child!

**Are “Fruit Snacks” a good choice?**

No, jelly fruit snacks are mostly sugar. They have very little real fruit in them. Some have only 10% fruit juice.

It’s better to offer a snack that is 100% fruit with no added sugar.

**Eat real fruit!**