

SNACKS FOR YOUNG CHILDREN

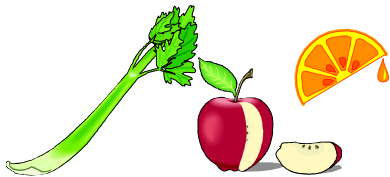
Young children have small stomachs and small appetites. It is hard for them to eat enough food at meal times. Offer your child two or three snacks each day. Snacks should be:

- Offered about two hours before the next meal or offered before bedtime.
- Nutritious and part of a balanced diet.
- Fun to eat! Cut food into small pieces so children can eat with their fingers.

SNACKS TO GROW ON

FRUITS AND VEGETABLES

apples and applesauce
banana, melons, strawberries
orange or grapefruit slices
broccoli
carrot or celery sticks
prunes, raisins, dried fruit
fruit juice



BREADS AND CEREALS

iron fortified cereal
graham crackers
ginger snaps, vanilla wafers
animal crackers
toast
crackers



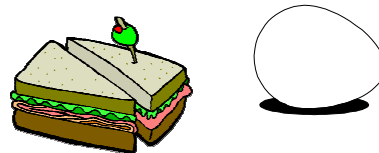
MILK AND CHEESE

milk
yogurt
cheese
pudding or custard



MEAT, FISH, EGGS, NUTS

small sandwiches
hard-cooked egg
peanut butter on crackers



WARNING: Children under age 3 or 4 can choke on foods like hot dogs, Vienna sausages, popcorn, peanut butter, raw carrots, nuts, jelly beans, or whole grapes.