

SMART SNACKS GUIDE

Pairings for children ages 2-5



WITH MILK

- Milk + berries
- Milk + whole-grain cereal + sliced banana
- Milk + graham crackers
- Frothed milk (warm or cold) + animal crackers

WITH CHEESE

- Cheese + steamed vegetables
- Cubed soft cheese + thin apple slices
- Shredded cheese + scrambled eggs + diced tomatoes
- Shredded cheese + tortilla + salsa

(add to tortilla to make a quesadilla)



WITH YOGURT

- Yogurt + berries
- Yogurt + nut butter + sliced bananas
- Yogurt + oatmeal + chopped fruit
- Yogurt + frozen fruit
(blend to make smoothie)



COTTAGE CHEESE

- Cottage cheese + canned peaches
- Whipped cottage cheese + whole-grain toast + chopped fruit
- Cottage cheese + chopped vegetables (peppers, tomatoes, cucumbers)

QUICK TIPS:

- Younger kids need to eat 3 meals and at least 2 snacks a day.
- Choose foods with different textures and from different food groups.
- Offer the same types of foods that you eat at mealtime or leftovers from previous meals.
- Include high-protein foods like dairy or lean protein and high-fiber foods like fruits, vegetables or whole grains to help satisfy until mealtime.
- Serve fresh, frozen or canned foods - they can all be healthy options.