



Snacks for Kids 1–3



At this age, children have appetites that change throughout the day. They need healthy snacks between meals to provide energy, vitamins and minerals. Remember to vary choices, control portions and don't force a child to clean his plate.

Ideas!

Fruits



Cut up in small pieces: bananas, watermelon, peaches (peeled), mandarin oranges, grapes, cantaloupe, strawberries. Older toddlers can also have cut up apples and pears.

Beverages



Milk and water are healthy drinks. Juice is not recommended.

Veggies



Diced tomatoes, diced and cooked green beans or potatoes and cooked soft peas

Protein



Peanut butter or hummus thinly spread on cracker, bread or tortilla. Scramble or hard-boil an egg.

Dairy



Grated or diced soft cheese, yogurt, cottage cheese and milk

Grains



Non-sugary cereal (with or without milk), whole grain crackers, pasta, rice, tortillas or rice cakes

This is not a complete list of foods that infants and toddlers may eat.

Choking Hazards

Supervise meal and snack time. Choking is a silent accident. Avoid foods that are round, hard, small, thick, sticky, smooth or slippery like:

- Raw vegetables including carrots, peanuts, nuts, seeds
- Whole or round cut hotdogs
- Whole grapes
- Sticky, hard or round candy, like suckers
- Chewing gum
- Popcorn
- Chips and hard pretzels
- Marshmallows
- Spoonfuls of peanut butter

Quick Tips ✓

Snacks are not for when children are bored, tired or cranky.

Snacks are any healthy foods, even leftovers.

Keep snack portions small (the size of child's fist) - they aren't meant to replace meals.

Sit down to eat and drink. Walking, running and playing during meals/snacks is dangerous and teaches unhealthy habits.

Limit sweet, sticky snacks to keep teeth healthy.

Necessary vitamins and minerals are found in fruits and vegetables without the unwanted sugars in juice that can lead to obesity and tooth decay.

Follow your doctor's advice about nutrition and feeding. Ask questions if you have concerns.