

Help Your Child Snack Smart

Your child has a small stomach. So he or she probably eats less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most children do best when they eat four to six times a day.

Tips for Successful Snacking

- **Choose from the food groups for snacks.** Think of snacks as mini-meals that help provide nutrients your child needs to grow, play, and learn.
- **Time snacks carefully** – 2 to 3 hours before meals. That way your child will be hungry for lunch or supper.
- **Offer snacks to satisfy hunger.** Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to overeating later in life.
- **Offer water as a drink with snacks** or fat-free or low-fat milk.
- **Snack wisely yourself!** Do you snack when you feel stressed or bored – or just when you feel hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!

Adapted from [Nibbles for Health](#)

Snack Mix

Yield: 4 cups

Serves: 8 adults

Ingredients

- 1 cup toasted oat cereal
- 1 cup wheat square cereal
- 1 cup reduced-fat cheese crackers
- 1 cup fun-shaped mini pretzels

Steps

1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags to carry when traveling.

Have your child help you do the bold steps.



Snacks for Your Child and You

Use the list below to create tummy filling snacks for your child and you. Have these foods alone or pair them up. Remember to keep snacks small. If your child is still hungry, he or she can ask for more. Let your child decide what is enough.

→ Raw, cut-up vegetables

😊 Your child's favorites: _____



→ Low-fat yogurt

😊 Your child's favorites: _____



→ Whole-grain cold cereal

😊 Your child's favorites: _____



→ Sliced fruit

😊 Your child's favorites: _____



→ Whole-wheat crackers

😊 Your child's favorites: _____

→ Fat-free or low-fat milk

→ Fat-free or low-fat cottage cheese

Parenting Tip:

Sometimes kids say they are hungry when they really want attention. Take a little time with your child—talk or do something fun. Your child will let you know if he or she is really hungry.