

Healthy Snacks for Preschoolers

Preschoolers may not get all the calories and nutrients they need in just three meals a day. Because they have small stomachs, they cannot eat a lot of food at mealtime. When preschoolers get hungry between meals, they love to snack. Healthy snacks are an important way to provide any calories and nutrients they may have missed in their meals.

What to Do:

- Offer healthful snacks at about the same time each day.
- Plan snacks so that they do not interfere with meals. Allow at least two hours between meals and snacks.
- Serve snacks at the table and not in front of the television.



- Do not force your child to finish his snack. Tell him it is okay to stop eating when he feels full.
- Allow your child to choose his own snack from the nutritious foods you offer.
- Use cookie cutters to cut fruit, vegetables, and cheese into fun shapes.
- Have your preschooler help prepare snacks that are easy to make.



Healthy Snack Ideas:

- Whole-grain crackers topped with low-fat cheese
- Whole-grain cereals, bagels, and muffins
- Breadsticks or pita bread with hummus
- Graham crackers
- Chopped raw vegetables with low-fat dip
- Applesauce or fruit cups
- Fruit smoothies or shakes
- Low-fat cottage cheese with fruit
- Low-fat yogurt with fruit



Recipe Corner



Have fun making this healthy snack with your child!

Frozen Yogurt Pops

SOURCE: Kids Health at

www.kidshealth.org

Serves: 3 to 4

Serving size: 1 pop

Prep time: about 1 to 2 hours

INGREDIENTS:

1 8-oz. container of your favorite flavor of yogurt

UTENSILS:

Small paper cups

**Wooden popsicle sticks
(available in craft stores)**

Plastic wrap

PREPARATION:

- 1. Pour yogurt into paper cups. Fill them almost to the top.**
- 2. Stretch a small piece of plastic wrap across the top of each cup.**
- 3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.**
- 4. Put the cups in the freezer until the yogurt is frozen solid.**
- 5. Remove the plastic wrap, peel away the paper cup, and eat your pop!**



Healthy and Active Preschoolers, Healthy Snacks for Preschoolers, Tip Sheet 7, provided by the California Department of Education, Nutrition Services Division, through an interagency agreement with the California Professional Nutrition Education and Training (Cal-Pro-NET) Center at Fresno City College.

Visit the Web site at <http://www.healthypreschoolers.com>