

Simple Snack Ideas

- Dried fruit and nut mix.
- Fresh, frozen, or canned vegetables or fruit served plain or with low-fat yogurt.
- Rice cakes, whole-grain crackers, or whole-grain bread served with low-fat cheese, fruit spread, peanut butter, almond butter, or soy nut butter.
- Pretzels or air-popped popcorn sprinkled with salt-free seasoning mix.
- Homemade fruit smoothie made with low-fat milk or yogurt and frozen or fresh fruit.
- Dry cereals served plain or with low-fat or fat-free milk.

**Children of preschool age and younger can easily choke on foods that are hard to chew, small and round, or sticky, such as hard vegetables, whole grapes, hard chunks of cheese, raisins, nuts and seeds, and popcorn. Carefully select snacks for children in this age group.*