

# Snacks for Children

Use this to help you choose snacks for children 4 years and older.



**Choose these healthy snacks every day.**

These snacks contain many nutrients.



fresh or frozen vegetables



fresh or frozen fruit



fruit cup in fruit  
juice or water



unsweetened  
applesauce



whole grain bread



whole grain  
crackers



whole grain naan,  
roti, pita



whole grain tortilla  
or wrap



whole grain cereal



hummus



eggs



nuts\*



nut butters\*  
peanut, almond,  
or soy



meat, chicken,  
or fish



white milk



cheese or cheese string



fortified plain  
soy beverage



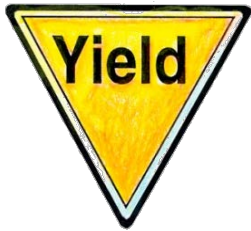
plain yogurt

\*Some schools don't allow nuts or peanuts. These foods are healthy choices for children at home.

Offer children:



- water when they're thirsty
- skim, 1%, or 2% milk with meals
- vegetables and fruit instead of 100% juice



## Choose these snacks some days.

These snacks have some nutrients but have added sugar, salt, and/or fat.



flavoured fortified milk or soy beverage  
like chocolate, strawberry or vanilla



baked crackers



muffin



dried fruit and nut mix



fruit-flavoured yogurt



granola bar



## Choose these snacks less often.

These snacks are high in sugar, fat, and/or salt.



candy or fruit  
gummies



potato chips or  
fried snacks



instant dried  
noodles



cake



cookies



chocolate-coated  
snack bar



sports drink



pop



slush drink



fruit drink or  
punch



pudding or  
jello cup



ice cream