

Feeding Your Child - Snacktime

Snacks

- A snack for an adult is often a treat, but for a child they are important because children do not eat much at meals.
- Most parents find it easier to give their child a regular snack time in the middle of the morning and afternoon. It saves a lot of trips to the kitchen.
- Snacks are best about 1 ½ to 2 hours before the next meal. If you give your child a snack too close to the next meal it can affect your child's appetite.
- Sometimes you may have to give a snack close to mealtime because your child is too hungry to wait. Try giving them a part of the meal such as milk, bread or a salad.
- A snack with protein in it will help your child stay fuller longer. Some examples of protein foods are milk, cheese, yogurt, meat, chicken, peanut butter, and eggs.

Snack Ideas

- Fruits! Bananas, watermelon, apples, oranges, strawberries...and 100% fruit juices
- Sandwiches! You can be creative with things your child likes such as peanut butter and banana, grilled cheese, or a tomato sandwich. Use whole-grain breads or tortillas.
- Try yogurt with fruit
- Cheese toast, just melt some cheese on a piece of toast and serve
- Low sugar, whole-grain cereals with or without milk
- Hard boiled eggs
- Crisp vegetables they can eat with their fingers, try low-fat dips if they won't eat vegetables plain

* Ask a dietician or nurse about getting extra calories from regular milk and other foods high in fat.

Adapted from the Louisiana WIC Program nutrition education materials.