

Snacks

Snacks are your friend, not your enemy

Snacks should include protein, fat, and carbs for balanced and sustainability

Snacks should be served consistently

Avoid snacks within 60- 90 minutes before meal time

The caregiver, not the child, should determine what the snack is

Simple snack ideas

- Nut butter and apple slices
- Nut butter and celery
- Nut butter and banana
- Peanuts and raisins (4+)
- Carrots and string cheese
- Yogurt and strawberries
- Yogurt and blueberries
- Cottage cheese and fruit
- Apples and cheese stick
- Orange and cashews (4+)
- Quesadilla with avocado
- Cereal with milk
- ½ a peanut butter and jelly sandwich

Pedsnutrition.com