

## Snacks Are Meals, Too

Snacks are a good way for your child to get what he needs to grow. Your child may not want to eat at breakfast, lunch, or dinner. Maybe he is too tired or excited. That is okay. Help your child make good food choices. Offer different healthy foods as a snack.

A healthy snack is:

- Low in sugar, fat, and salt
- Food from one or more of the food groups

### Good Snacks

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Bananas	Frozen fruit juice on a stick
Oatmeal	Milk
Rice cakes	Yogurt
Applesauce	Cheese
Crackers	Cottage cheese
Cornbread	Baked sweet potatoes, cold or warm
Fruit juice	Hard-boiled eggs