

Kid-Tested Snack Ideas:

These snacks are favorites of toddlers and preschoolers and are safe & healthy.

- Graham crackers and milk (whole milk from age one to two, then use 1% or skim).
- Animal crackers
- Cheese fish-shaped crackers
- Flavored yogurt
- Cooked swirl pasta or macaroni
- Low-sugar breakfast cereals (like Cheerios)
- Fresh fruit (skinned and cut into “tip-of-thumb-size” pieces)
- Shredded cheese
- All-fruit popsicles

Snacks to Avoid:

There are some foods that are not safe for young children. You may want to avoid these foods until your child is older.

- Whole Grapes
- Raisins
- Popcorn
- Nuts
- Hard Candies
- Hot Dogs
- Raw Veggies or Hard Fruits
- Honey
- Peanut Butter (due to allergy risk)
- **Foods with “empty calories” or those high in sugar and/or fat and have no “good for you nutrients” like vitamins & minerals.**

