

Ideas for Healthy Snack



Snack Ideas from Each Food Group

Grains	dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas
Vegetables	veggie "matchsticks" (thin sticks) made from fresh carrots* or zucchini,* bell pepper rings, cherry tomatoes*, steamed broccoli, green beans, sugar peas, avocados
Fruits	apple slices*, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes*, berries, dried apricots*
Dairy	low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese
Protein Foods	egg slices or wedges, peanut butter*, bean dip, hummus, slices of lean turkey* or chicken*, shelled pumpkin seeds

*If not prepared correctly, these foods could be choking hazards. Read below for more information on choking hazards.

More snack ideas that combine two or more of the food groups:

- yogurt topped with diced peaches or berries
- whole grain bread spread with peanut butter and sliced bananas
- graham crackers to dip in yogurt
- a small portion of last night's leftovers (make sure leftovers are safe to eat)

Food Safety

Preschoolers' immune systems are still developing. This makes it easier for them to become ill. That's why it's important to follow the recommended food safety guidelines. Keep food safe to eat by following these general guidelines for everyone to avoid foodborne illness:

Clean	Wash hands and surfaces often.
Separate	Don't cross-contaminate. For example, after cutting meat, wash the knife before using it to cut vegetables.
Cook	Cook to proper temperature using a food thermometer.
Chill	Refrigerate promptly.

Choking Hazards

Food or small objects can cause choking if they get caught in your throat and block your airway. This keeps oxygen from getting to your lungs and brain. If your brain goes without oxygen for more than four minutes, you could have brain damage or die.

Young children are at an especially high risk of choking. They can choke on foods like hot dogs, nuts and grapes, and on small objects like toy pieces and coins. Keep hazards out of their reach and supervise them when they eat.

When someone is choking, quick action can be lifesaving. Learn how to do the Heimlich Maneuver - on others and yourself - and cardiopulmonary resuscitation (CPR) and call 9-1-1 immediately.

Based on information from the US Food and Drug Administration and ChooseMyPlate.Gov