



**How to tell a  
SNACK from  
a TREAT**

**Snacks:**

- Everyday, but not all the time
- Planned, served when the child is hungry
- Fill in gaps in the child's food choices
- Help your child grow and develop

**Treats:**

- Aren't served everyday
- May be planned or "spur of the moment"
- May be sweet, salty or high fat goods
- Special foods for special occasions

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**Snacks**

**for Young**

**Children**



# Snack Foods From the Food Guide Pyramid for Young Children

## Good ways to Feed Your Child Good Snacks

*Young children need snacks because they can only eat small amounts of food at each meal. Snacks help them get the nutrition they need to grow.*

- **Match the snack size to the situation**

small snacks if the next meal is soon

larger snack if it will be a long time to a meal

- **Make snacks from two different food groups**

peanut butter on apple slices

fruit smoothies with milk

- **Beverages are a snack. Offer milk, water or small servings of juice.**

Don't fill up on sweet drinks

- **Select colorful fruits and vegetables.**

Oranges, blueberries, carrots, peppers

- **Let the child help in snack preparation.**

Regular meals may have time deadlines. Snacks usually don't.



Snacks help them get the nutrition they need to grow.

### Snacks from the Grain Group

Cracker stacks—wheat crackers spread with cheese spread  
Ready-to-eat cereals  
Flavored mini rice cakes or popcorn cakes  
Breads of all kinds such as multi-grain, rye, white, wheat  
Ginger snaps or fig bars  
Graham crackers

### Snacks from the Vegetable Group

Cherry tomatoes cut in small pieces  
Steamed broccoli, green beans, or sugar peas with low fat dip  
Raw vegetables cut in appropriate size serving pieces

### Snacks from the Fruit Group

Apple ring sandwiches...peanut butter on apple rings  
Tangerine sections  
Chunks of banana or pineapple  
Canned fruits packed in juice  
Juice box (100% juice)  
Applesauce

### Snacks from the Milk Group

Milk shakes—made with fruit and milk  
Cheese slices with thin apple wedges  
String cheese or individually wrapped slices  
Mini yogurt cups  
Small servings of pudding

### Snacks from the Meat Group

Hard cooked eggs (wedges or slices)  
Peanut butter spread thin on crackers  
Bean dip spread thin on crackers



**Be  
Snack-  
Wise...**