

# CHOOSE NUTRITIOUS FOODS FOR CHILDREN'S SNACKS



## Veggies and fruits as snacks

Provide a healthy energy boost.

Add an extra dose of vitamins, protein, and minerals.

Do not cause unhealthy weight gain.



## Types of vegetables to include



Carrots, peas, sweet potatoes

Broccoli and spinach

Cauliflower and celery

## Tips to make healthy snacks



Keep a bowl of mixed veggies or fruits ready in the fridge to save time.

Prepare bite-sized pieces of veggies with a dip of low-fat cheese or peanut butter.



Try not to stock up on unhealthy snack foods, and don't use them as rewards or treats.

## References:

- 1 Sensible snacking for children; Nationwide Children's Hospital
- 2 Selecting healthy snacks for toddlers; American Academy of Pediatrics
- 3 Snacks for children aged 1 to 4 years; HSE