



## TIPS AND TRICKS SERIES

# Healthy Snacking for Young Children

Healthy snacks help children grow and keep teeth strong.

### Tips for healthy snacking:

- Offer snacks at set times instead of allowing children to graze all day.
- Choose fresh foods more often than packaged snacks.
- Save sweets and sugary drinks for special occasions, not everyday snacks.
- Brush teeth with fluoride toothpaste twice a day.

### Healthy snack ideas:

- Fruits and vegetables
  - Apple slices
  - Bananas
  - Berries
  - Cucumber slices
  - Carrot sticks, (if old enough to chew safely)
- Foods with protein
  - Cheese cubes or string cheese
  - Plain yogurt
  - Hard-boiled eggs
  - Peanut butter or other nut/seed butter
- Whole grains
  - Whole-grain crackers
  - Whole-grain cereal (low in sugar)
  - Whole-wheat toast



### Did You Know?

Every time your child eats or drinks something with sugar, cavity-causing bacteria make acid that attacks teeth. Giving teeth a break between meals and snacks helps protect them.

### Learn More:

Check out the Tips & Tricks on Healthy Snacks Limit Acid Attacks

### Offer water first

Water is the best drink between meals. It helps wash away food and keeps teeth healthy. Regular meal and snack times help children know when to eat and avoid constant snacking.