



# Snack - Wise

Plan healthy snacks for children

## Fats and Sweets

Limit choices

### Milk Group

Milk and fruit milkshake  
 Apple wedges and cheese  
 Mini yogurt cups

### Meat Group

Hard cooked eggs  
 Peanut butter on crackers  
 Bean dip on crackers

### Vegetable Group

Carrot, celery, green  
 pepper, or cucumber sticks  
 Cherry tomatoes cut in small pieces  
 Steamed broccoli or green beans  
 with dip

### Fruit Group

Peanut butter on apple rings  
 Tangerine sections  
 Chunks of banana or pineapple  
 Canned fruits packed in juice

## Grain Group

Cracker stacks - wheat crackers spread with cheese spread  
 Ready-to-eat cereals  
 Ginger snaps or fig bars  
 Graham crackers

Source: USDA, Center for Nutrition Policy and  
 Promotion, March 99, Program Aid 1647.

