

Just for Preschoolers and their families



Choosing Healthy Snacks for Your Preschooler

GO, SLOW, WHOA Snacks

Help your preschooler choose a healthy snack. A healthy snack will give your child the energy, vitamins, and minerals they need for growth and development. This guide will help you learn to choose healthy snacks, by putting snack foods in categories: Remember to focus on **GO** and **WHOA** snacks when talking to preschoolers.

SNACKS	GO Can be eaten at <u>almost any</u> snack time	SLOW Can be eaten <u>sometimes</u> at snack time	WHOA Should <u>only</u> be eaten <u>once in while</u> at snack time
Drinks	Water	100% fruit juice	Soda, punch & fruit-ades
Sweets and Treats	Fruit (<i>fresh, frozen or canned in natural juices</i>)	Raisins Other dried fruits Fruit (<i>canned in light syrup</i>)	Cookies, cake, pie, pastries Candy Fruit roll ups Canned fruit (<i>heavy syrup</i>)
Crunchies and Munchies	Vegetables (<i>fresh, frozen or canned</i>) Whole Grain Cereals (<i>Hot & cold unsweetened</i>) Whole Grain Crackers Popcorn Pretzels	Cereals, <i>lightly sweetened (sugar - coated, roasted)</i>	Sugary Cereals (<i>fruit loops, cookie crunch, coco puffs</i>) Potato Chips French fries
Moo Foods	Milk (<i>1%, skim or soy</i>) Cheese (<i>reduced-fat</i>) String Cheese Yogurts (<i>low-fat</i>) Cottage cheese (<i>low-fat</i>)	Smoothies Chocolate Milk Hot Chocolate Ice cream Milk, 2%	Milk shake Malts Ice cream sundaes Milk, <i>whole</i> Cheese (<i>American, Cheddar</i>)

An example of a healthy **GO** snack is an apple with a glass of 1% of skim milk or string cheese and mandarin orange slices.

REFERENCES

Adapted from USDA. (2011, June). *10 Tips Nutrition Education Series*. Retrieved from Choose MyPlate: <https://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model>



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