Snacks for Children

Use this to help you choose snacks for children 4 years and older.

Choose these healthy snacks every day.
These snacks contain many nutrients.

*Some schools don’t allow nuts or peanuts. These foods are healthy choices for children at home.

Offer children:
- water when they’re thirsty
- skim, 1%, or 2% milk with meals
- vegetables and fruit instead of 100% juice
Choose these snacks some days.
These snacks have some nutrients but have added sugar, salt, and/or fat.

flavoured fortified milk or soy beverage like chocolate, strawberry or vanilla
baked crackers
muffin
dried fruit and nut mix
fruit-flavoured yogurt
granola bar

Choose these snacks less often.
These snacks are high in sugar, fat, and/or salt.
candy or fruit gummies
potato chips or fried snacks
instant dried noodles
cake
cookies
chocolate-coated snack bar
sports drink
pop
slush drink
fruit drink or punch
pudding or jello cup
ice cream