

Snacks that keep you smiling

Anytime

fresh vegetables
leafy greens
meats
cheese
nuts
100% nut butters
fresh fruit
all fats/oils
eggs
water

Sometimes

cow's milk
whole grain bread
popcorn
smoothies
fruit/veggie pouches
yogurt
dark chocolate
ice cream
plain oatmeal
hummus & dips
bubbly water
sugar-free/xylitol gum

Once in awhile

candy
soda
juice
chocolate milk
cookies
dried fruit
fruit snacks/strips
dry cereal
pretzels
crackers
gummy vitamins
sports drinks



Smile-approved snacking tips

Healthy habits for kiddos

Always brush twice a day and floss the teeth that touch. Drink plenty of water throughout the day, as well as with meals and snacks.



"Once in awhile" snacks

These snacks aren't off limits - just have them in moderation and avoid continuous grazing. Think of them as special treats vs. a regular part of your child's diet.

Adding flavor

It's best to choose plain products and enhance taste (if necessary) with a small amount of sauce, seasoning, or spread to control sugar content. For example:

- plain yogurt with a teaspoon of fruit spread or nut butter
- toast or apples with a sprinkle of cinnamon



Other Snack Specifics

- Alternative milks: check the sugar content on non-dairy milk
- Vitamins: choose "chalky" ones when vitamins are needed
- Chocolate milk: the preferred alternative to sports drinks after activities
- Sugar-free gum: only for 4+ years old