

SNACKS

Keeping a meal and snack schedule may be really difficult when everyone is home during these trying times. However, keeping a feeding schedule is very important if your child is a picky eater or has a very limited food repertoire.

It is important to schedule meals that include foods that your child will eat, along with presenting foods that are new so that he/she continues to be exposed to a variety of foods. Preschoolers usually have a snack about 2 hours after their last meal. It's important not to give too much or allow your child to graze all day because that will most likely diminish the desire to eat meals or try new foods. The goal of a snack is to hold a child over til the next meal, not to fill up. Try to give your child water between meals so that he/she doesn't fill up on juice or milk. Snacking on fruit, veggies, yogurt, cheese, and other foods are good choices.

Snack portions are not as big as you may think for preschoolers. The following are common snacks that consist of carbohydrates.

Servings listed below are for children 3-5 years old.

Crackers: Mini Ritz 10 crackers

Crackers: Wheat Thins, Ritz, Triscuits, Sociables, Saltines 4-5 crackers

Pretzels: Hard mini pretzel twists 7 pretzels

Pretzel Chips: 7 pretzels

Crackers: animal, graham animal shapes: 6 crackers

Crackers: Cheeze Nips, Cheeze Its: 11-12 crackers

Crackers: Goldfish 20 pieces

Crackers: Graham 2 ½" x 5" 1 cracker

Cookies: Plain 2 ½" 2 cookies

Cookies: Vanilla Wafers: 3-4 cookies

Doughnuts: ½ doughnut

Granola Bars: 1 bar

Cream filled cookies: 2 cookies

Dry Cereal: 1/3 cup

Chips: 5 chips