

Quick Tips for Healthy Snacking at All Ages

Preschoolers

- Even though Preschoolers are much smaller than adults, pound-for-pound their total calorie needs are comparable.
- Young children's stomachs are not large enough to get enough calories from only three meals a day. They need constant refueling throughout the day. They may need three meals and two snacks a day.
- Control is still a key issue at this age, so try giving choices of snacks from the options you present.
- The desire for sweets can be quite strong at this age, but you can avoid the struggles. Don't offer candy and cookies at snack time
- Preschoolers are just learning to label their feelings and they'll often say, "I'm hungry." But they could just be bored, tired, or in need of some attention. Figure out what your child really needs. It may be that some playtime with you or a change of scenery could end the cries of "I'm hungry."
- Make sure it's eaten at the table and not in front of the TV because it causes bad habits and overeating.



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