

snack *from all* **5** *food groups*

Fruit*

Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

** Use caution when feeding these foods due to a possible choking problem.*

Vegetable*

Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

Milk

Milk, cheese (grated or cubed), yogurt (fresh or frozen), pudding.

Smoothies

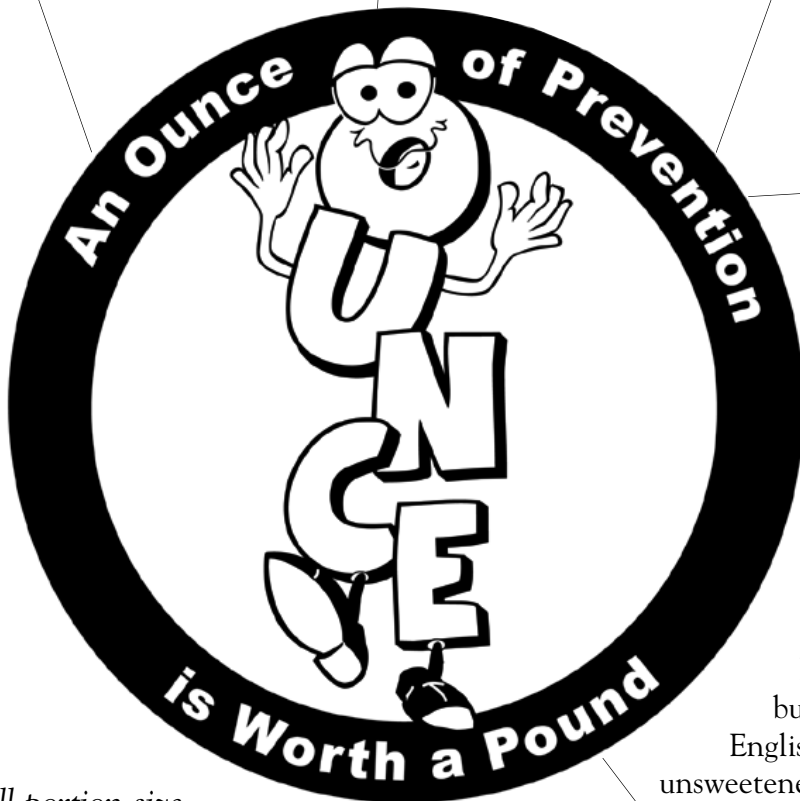
Blend yogurt, fruit, milk and 100% juice together.

Meat

Chicken, tuna or egg salad, ham, hard boiled egg, bean dip, peanut butter, cottage cheese.

Grain

Plain tortilla, bagel, bun, bread or English muffin, unsweetened cereal, crackers.



*Offer small portion size.
Best not to offer 1 - 2 hours before mealtime.*