

# Two Simple Steps to Delicious and Nutritious Snacks

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1. To help satisfy your child's hunger for a longer amount of time, combine at least two of the five food groups listed below:
  - Grains (e.g. bread, pasta, rice, crackers, pretzels, granola, cereal)
  - Vegetables
  - Fruit
  - Protein (e.g. cottage cheese, lean cuts of meat, fish and poultry)
  - Dairy (e.g. low-fat milk, yogurt and reduced-fat cheese).
2. Think variety, color, flavor, and texture. Children eat with their eyes, so make sure to mix and match different colors. Try different textures to create a more interesting snack or meal.
  - Creamy cheese with whole grain crisp crackers
  - Smooth yogurt with crunchy cereal and colorful fruit
  - crisp orange baby carrots and green, red or yellow sweet peppers with low-fat dip or hummus



To get some great snack ideas with fruits and veggies see [Fun with Fruits and Vegetables](#).

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