

# NUTRITION TIDBITS FOR TEACHERS

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## What to serve at SNACK: Meal Requirements for Preschoolers

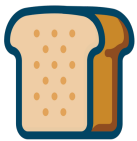
Licensing requires children to be offered a meal *every 3 hours*. Snacks should be served when the space between meals is more than 3 hours. Avoid serving a snack less than 2 hours before mealtime, this limits a child's appetite for the meal.

## Choosing a Snack (any two)



### 1) Fruit or Vegetable

- The main nutrients in most fruits are vitamin C, potassium and fiber.
- Children age 1-2 need to be offered
  - **1/2 cup** at snack



### 2) Grain

- Grains provide B vitamins, fiber and energy.
- Whole grains are better for kids, choose whole wheat options.
- Children age 1-2 need to be offered
  - **1/2 oz** equivalent at snack
    - (i) 1/2 slice bread or 1/4 of a bagel or 4 saltine sized crackers
    - (ii) 1/4 cup noodles, cereal or rice



### 3) Protein

- Protein foods contain minerals like iron, zinc, magnesium and selenium.
- Children age 1-2 need to be offered
  - **1/2 oz** at snack
    - (i) 1/2 slice of lunch meat, 1 piece of meat the size of a small matchbox
    - (ii) 1 tablespoons peanut butter, 1/8 cup beans, 1/2 cheese stick



### 4) Dairy

- Dairy foods are the best source of calcium and vitamin D.
- Children age 1-2 need to be offered
  - **4 oz** of milk at snack
    - (i) 4 oz is 1/2 cup