



Making nutritious snack choices

Snacks make up about 25% of toddlers' daily calories! Help her make nutritious choices by introducing these snack options when she's ready. We've taken commonly eaten foods with low nutritional value as revealed in Gerber's Feeding Infants and Toddlers Study and traded them for their healthy counterparts.

Instead of:	Try these favorites:
French fries	GRADUATES® Puffs are made with whole grains and fruits or vegetables. Puffs are designed for beginners and melt in your baby's mouth. 
Potato chips	GRADUATES® LIL' CRUNCHIES® snacks are made from 100% whole-grain corn and have 30% less sodium than the leading cheese snack! 
Diced hot dogs	GRADUATES® LIL' STICKS® meat and poultry sticks provide protein and have 70 milligrams of omega-3 fatty acids per serving. Plus, they have no preservatives. 
Soft drinks or fruit drinks	GRADUATES® FRUIT SPLASHERS® purified water and fruit juice blend beverage offers 100% daily value of vitamin C, 10% calcium, and 10% of three B vitamins with 40% less sugar than the leading 100% fruit juice. ² 
Candy	GRADUATES® YOGURT MELTS® snacks are made with 99% real yogurt and fruit and contain live and active cultures just like refrigerated yogurt. Real yogurt without the mess! 
Sugar cookies, doughnuts	GRADUATES® Animal Crackers are made with whole grains and fortified with the VITABLOCKS™ Nutrient Blend for snacks—good sources of calcium, iron, vitamin E, and zinc. 
Fruit-flavored snacks	GRADUATES® FRUIT STRIPS™ fruit bars. Each bar is one toddler serving of fruit ³ and an excellent source of vitamin C. 

¹ GRADUATES® LIL' CRUNCHIES® snacks contain 50 milligrams of sodium per 7 grams serving compared to 72 milligrams of sodium in 7 grams serving of the leading cheese-flavored snack.

² GRADUATES® FRUIT SPLASHERS® purified water and fruit juice blend beverage has 15 grams of sugar per 8-fluid-ounce serving compared to 27 grams of sugar per 8-fluid-ounce serving of 100% apple juice.

³ One toddler serving is equivalent to ¼ cup of fruit.