

parenting

EARLY YEARS

their snacks

sweet, naturally!

cold cream

Check out these 25-cal babies, which come in orange, cherry, and mixed-berry flavors. They have only one gram of sugar and not a drop of the artificial stuff. A rare find for a frozen treat! (Creamsicle No Sugar Added, \$3.79 for 12)



one bite at a time

These whole-grain chocolate-chip mini-cookies have a hint of caramel and half the sugar of an Oreo, but kids will love them just the same! (Snikiddy Oatmeal Chocolate Bites Cookies, \$3.79 for six packs)

perfect pair

In this grab-and-go pack, grapes match up with cheese (with five grams of protein). Just be sure to quarter the fruit. (Eating Right Cheese and Grapes, \$2.99 for three)

yippy-yippy-yo

This yogurt's a gem: The plain flavor has a hint of sweetness—and plenty of calcium and protein. (YoBaby Simply Plain Yogurt, \$3.99 for six)

safer snacking

Check out our ege-by-age anti-choking guide for prep tips and more at Parenting.com/antichoking

middle ground

With half the sugar of other popular kids' cereals like Trix and Lucky Charms, this organic option has just enough so kids will actually eat it and like it. (Cascadian Farm Clifford Crunch, \$3.99)

market gains

The bottom line? Nothing beats luscious summer produce. Dig into the bounty of seasonal fruit like cantaloupe right now.

