

# HEALTHY TODDLER SNACKS

## No Prep

1. Applesauce or other fruit pouches
2. Bananas
3. Beans, canned (black, pinto, etc)
4. Cheese sticks or slices (precut)
5. Cottage cheese
6. Fruit leather
7. Hummus (store bought)
8. Larabars contain chopped nuts, give as appropriate with nuts/choking risk)
9. Unsweetened, whole grain cereal
10. Whole grain crackers (Triscuits, Mary's Gone Crackers)
11. Yogurt

## Homemade

12. Low sugar muffins (like these)
13. Meatballs
14. Shredded chicken
15. Smoothies
16. Simple tuna salad (tuna + yogurt mixed together)
17. Roasted sweet potato rounds
18. Date or energy balls

## Low Prep

19. Apples, very thinly sliced
20. Avocado slices or cubes
21. Berries (blueberries, blackberries, strawberries, raspberries)
22. Clementines or orange slices
23. Cherry or grape tomatoes, halved/quartered lengthwise
24. Cucumbers, thinly sliced
25. Grapes, quartered/halved lengthwise
26. Kiwi, peeled
27. Mango, peeled and sliced
28. Melon, cut
29. Frozen peas, thawed
30. Pears, thinly sliced
31. Sweet peppers, thinly sliced
32. Snap peas
33. Hard boiled egg, sliced
34. Toast with smashed avocado, cottage cheese, nut butter, or hummus
35. Tortilla with beans or cheese
36. Whole grain crackers or rice cake with thin layer of nut butter.

## Tips

- To minimize the risk of choking ensure that all foods are properly prepared, cut and appropriate for your child's age and abilities.
- Combine 2 food groups for a more filling snack (Protein/Fat + Produce)
- Use leftovers for snacks.
- Offer two choices.
- Snacks should be smaller portions than meals.
- If you find your child eating better at snack time than meals, try reducing snack size or eliminating snack. Or offer leftover meals that were previously uneaten at snack time instead of "snack foods"