



Mom to Mom Nutrition

25 Toddler Snack Ideas

COOKING REQUIRED

- Cooked oatmeal with dried or fresh fruit
- Avocado toast
- Steamed or roasted broccoli with cheese
- Boiled sweet potato (cut in cubes) with apple slices
- Whole wheat noodles, diced cherry tomatoes and cheese
- Hard boiled egg with pretzels

- Allow 2-3 hours between snack and mealtimes
- Portion sizes 1/4-1/2 of adult sizes

MAKE WITH KIDS

- Orange slices or strawberries dipped in yogurt
- Mini rice cakes topped with peanut butter and chocolate chips
- Fruit and cheese kabobs
- Fruit smoothie made with milk or yogurt, fresh or frozen fruit
- Homemade muffins

KEEP COLD

- Humus or low-fat yogurt dip with sliced veggies
- Hummus with whole grain crackers
- Cottage cheese (or yogurt) with fresh or canned fruit
- Tuna on whole grain crackers or vegetable slices
- Apples with sliced cheese
- Baby carrots and low-fat ranch dip
- Dry whole grain cereal with milk
- Chocolate milk and a banana

ON THE GO

- Granola bar with peanut butter
- Sliced apples or pears with nut butter
- Homemade Trail Mix: whole grain crackers/pretzels, nuts, dried fruit, popcorn, dark chocolate chips
- Celery topped with peanut butter and raisins
- Cheese stick and whole grain crackers
- Half turkey sandwich with cheese