



Toddler Snack Ideas

Pair something with fiber and something with protein or fat.



Fruit and veg

- ☐ Banana with a thin smear of peanut butter
- ☐ Thin apple slices with yogurt dip
- ☐ Quartered grapes with cheese cubes
- ☐ Steamed carrot sticks with hummus
- ☐ Berries with plain yogurt
- ☐ Avocado on a rice cake

Grains

- ☐ Whole grain toast fingers
- ☐ Banana or pumpkin mini muffins
- ☐ Whole grain crackers with egg salad
- ☐ Small pancakes, made ahead

Protein and dairy

- ☐ Chopped hard boiled egg
- ☐ Cottage cheese with peaches
- ☐ Cheese stick and a few pretzels
- ☐ Black beans, lightly mashed
- ☐ Mini turkey and cheese roll ups
- ☐ Edamame, shelled and halved

Cut round foods like grapes and blueberries into quarters. Spread nut butter thinly. Always sit down to eat.