



Healthy Snacks for Toddlers!



Fruit:

- Apple or pear slices topped with cheese
- Apple slices with peanut butter
- Apple slices (dip in low fat caramel)
- Apple slices (drizzled with chocolate syrup)
- Apple slices (top with peanut butter and dark chocolate chips or raisins)
- Apple slices (top with cinnamon)
- Applesauce (top with cinnamon)
- Single serving fruit cups (light syrup or in it's own juice)
- Angel food cake (top with single serving fruit cup and fat free cool whip)
- Fruit topped with yogurt
- Split banana, top with yogurt, chopped nuts or fruit
- Split banana with peanut butter (drizzle with chocolate syrup or chocolate chips)
- Dried fruit
- Mini boxes of raisins
- Juice boxes (100% juice)
- Fruit smoothie (Frozen fruit, blended with flavored yogurt and milk)
- Fruit ices (mix 100% fruit juice with yogurt and freeze)
- Frozen bananas (with peanut butter)
- Dried cranberry and peanut mix
- Raisins or other dried fruit (mix with nuts, seeds, low-fat granola or other cereals)
- Fruit smoothie (frozen fruit blended with milk or flavored yogurt)
- Cantaloupe (use small ice cream scoop to make small cantaloupe balls)
- Oranges
- Grapefruit (cut in half, top with splenda)
- Kiwi
- Strawberries
- Grapes
- Vanilla wafers, graham crackers (top with peanut butter and bananas)
- Individual boxes of unsweetened cereal (add dried fruit to cereal)
- Low fat cottage cheese and individual fruit cups
- Pudding (top with banana slices)
- Rice cakes (top with peanut butter, make a face with bananas and raisins)
- Rice cakes (top with cream cheese and strawberries) *flavored cream cheese optional
- Pineapple (grill)

Vegetables:

Vegetable juices

Raw Vegetables (Celery sticks or baby carrots and low calorie dips)

Celery (top with cream cheese or peanut butter and raisins)

Broth based soups (with lots of veggies, beans, and lean meat)

Canned vegetables (rinse excess sodium off)

Asparagus (grill)

Baked potato (topped with cheese and broccoli) or sour cream and salsa

Dark green vegetables (hide lettuce on sandwiches/grill sandwiches)

Dark lettuce salad, with dressing, cheese and croutons

Frozen broccoli in macaroni and cheese

Pasta sauce for spaghetti type dishes (add oregano)

Grilled sweet potatoes (spray on olive oil and garlic seasoning)

Cherry tomatoes in cottage cheese (add Italian dressing)

Dairy:

Yogurt

Cheese sticks

Cottage Cheese

Yogurt (dip vanilla wafers or graham crackers in yogurt)

Frozen yogurt (top with fruit)

No-fat, or low-fat milk (dip animal crackers or graham crackers)

No-fat, or low-fat milk (optional add Ovaltine)

Shredded cheese (melted on bagel or English muffin)

Cottage cheese and individual fruit cups

Shortcake (top with flavored yogurt and fruit)

Shortcake (top with pudding and banana)

Soy milk (mixed with Low Calorie Syrup)

Pudding with Banana

Starches:

Whole grain granola bars (Full Circle, Kashi, Chex Mix)

Cereal bars (2 or more grams of fiber)

Low-fat muffins

Individual boxes of unsweetened cereal

Plain popcorn (Top with Smart Balance "Flax" Butter)

Low fat popcorn with Parmesan cheese

Iron-fortified cereals

Whole grain crackers

Baked tortilla chips with salsa

Baked Potato Chips

Pretzels (top with cream cheese)

Saltines (top with cream cheese and strawberry slices)

Saltines (top with peanut butter and jelly)
Bagel or English muffin with fruit preserves
Whole grain cereal and milk
Soft pretzel with low fat cream cheese
Instant Oatmeal made with low fat milk
Whole wheat breads (Sara Lee white wheat bread)
English muffin with tomato sauce and cheese

Protein:

Peanut butter on whole-wheat crackers or pretzels
Edamame (steamed soybeans) *smart balance butter and lightly salted
Bagel with turkey breast
Tuna fish (blend with olive oil based mayo), on whole wheat bread or crackers
Canned chicken (blend with olive oil based mayo), on whole wheat bread or crackers
Roasted soy nuts
Vegetable bean soup with crackers
Bean burritos (refried beans, cheese and salsa)
Chicken burrito (canned chicken, cheese and salsa)
Peanut butter and jelly sandwiches
Deli turkey or roast beef meat and cheese sandwiches (cut sandwich with cookie cutter)
Hard-boiled eggs
Pita bread with humus
Pita bread stuffed with lettuce, tomato, cucumber and low-fat dressing
Quesadilla (soft tortilla-folded and heated with meat, cheese and beans)
Egg burrito (add cheese and salsa)
Egg sandwich
Scrambled eggs and toast
Broiled fish sticks (dip in ketchup for lycopene)
Roast beef rollups (deli roast beef with cheese) *roll up and cut into smaller pieces
Turkey rollups (deli turkey with slice of cheese) *roll up and cut into smaller pieces
Lettuce sandwiches (wrap meat and cheese or tuna fish in lettuce for a sandwich)

Fats:

Sunflower Seeds (combine with dried fruit and chocolate chips)
Almonds
Walnuts (if old enough have toddlers participate in cracking the walnut shells)
Smart Balance Flax "Light" Spread (spread on toast, or melt and top on popcorn, or use as a topping for grilled vegetables)
Olive Oil (add to steamed vegetables or toss in noodles before adding marinara sauce)
Pesto (CONTAINS PINE NUTS) (add to steamed vegetables or toss in noodles before adding marinara sauce)