

Healthy Snacks for Toddlers



Spartan Stores Registered Dietitian

Heather Leets RD LD

Visit <http://www.familyfares.com/> and click on To Your Good Life for additional information on children's health, recipes and other helpful tools.



Making Eating Healthy Fun!

- *Never force a child to eat something he/she doesn't like.
- Play Games & Create "Fun Names" for Healthy Foods
 - **Broccoli "Broccoli Blitzes"**
 - **Carrot Sticks: "X-Ray Vision Carrots"**
 - **Oatmeal "Captain Jack Sparrow Cereal"**
 - **Raisins: "Power Pellets"**
 - **Salad "Super Strong Muscle Mix"**
 - **Spinach: "Giraffe Leaves"**
 - **Tomato "Thomas The Train Tomato"**



Making Eating Healthy Fun!

- **Dip Foods:**

- Kids love to dip and dunk their food.
- Raw Vegetables in vegetable dip
- Apples in Caramel
- Celery in Peanut Butter
- Bananas in Chocolate Syrup
- Graham Crackers in Milk

- **Make Healthy Foods Tasty:**

- Milk/Soy milk with Ovaltine
- Apples with Cinnamon
- Pudding with Bananas
- English Muffin with Tomato Sauce & Cheese



Make Eating Healthy Fun

- **Involve Kids in the Preparation**
 - Kids love to get their hands messy.
 - Allowing kids to help with the preparation of meals is an easy way to introduce healthy foods into their routine.
- **Shape Healthy Foods Into Playful Images**
 - Cookie Cutters
 - Sandwiches
 - Pancakes
 - Waffles
- **Making Playful Arrangements of foods on their plates.**
 - Shape foods on their plates in the shape of Mickey Mouse etc.



Make Eating Healthy Fun

- **Hide Fruits and Vegetables in Foods that Kids Love.**
 - Add a slice of lettuce on a meat sandwich (Grill it)
 - Add a slice of tomato to a grilled cheese sandwich
 - Add canned vegetables to soups
 - Add tuna or frozen vegetables to macaroni and cheese (or other instant meals)
 - Add veggies or Oregano to pasta sauces, or to pasta type dishes.
 - Add salsa to Mexican style dishes



Important Nutrients for Toddlers: Vitamin A

- **Vitamin A:**

- Fruits & Vegetables:
 - Peppers, Tomatoes, Sweet Potatoes, Cantaloupe, Mango, Apricots, Dark Green Vegetables, Carrots
- Egg Yolks
- Fortified Dairy Products:
 - Milk, Soymilk, Lactaid, Yogurt
- Fortified Cereals:
 - Cereal, Cereal Bars etc.



Important Nutrients for Toddlers: Vitamins B6 & B12

- **Vitamins B6 & B12**

- **Fruit:**

- Bananas, Cantaloupe, Avocados

- **Starches:**

- Wheat and Rice Bran, Oatmeal, Brown Rice

- **Protein:**

- Soybeans, Fish, Chicken, Eggs

- **Milk**

- **Sunflower Seeds**

- **Cabbage**



Important Nutrients for Toddlers: Vitamin C

■ **Vitamin C**

- Citrus Fruits
 - Oranges, Grapefruit, Tangerine
- Fruits:
 - Papaya, Mango, Kiwi, Strawberries
- Vegetables:
 - Peppers (Red, Yellow, Orange), Potatoes, Broccoli, Tomatoes
- Fruit Juices



Important Nutrients for Toddlers: Vitamin D

- **Vitamin D:**

- Oily Fish

- Salmon, Tuna, Mackerel, Sardines

- Fortified Foods:

- Dairy Products

- Milk, Milk Products (Soy milk, Lactaid), Cheeses, Yogurt

- Cereals

- Ovaltine



Important Nutrients for Toddlers: Vitamin E

- **Vitamin E:**
 - Almonds
 - Walnuts
 - Sunflower Seeds
 - Whole-Grains
 - Vegetable Oil
 - Peanut Butter



Important Nutrients for Toddlers: Vitamin K

- **Vitamin K:**
 - Dark Leafy Greens
 - Broccoli
 - Brussel Sprouts



Important Nutrients For Toddlers: Bone Health

- Dairy:
 - Milk, Yogurt, Cheese, Lactaid, Soymilk
- Calcium Fortified:
 - Fruit Juices
 - Cereals
 - Cereal Bars
- Fruits & Vegetables
 - Fruits and vegetables high in caretenoids, particularly Lycopene, may help to promote bone health.
 - Tomatoes and tomato products



Important Nutrients for Toddlers: Iron

■ Iron:

- Beef
- Iron-fortified cereals
- Tofu
- Turkey (especially dark meat)
- Enriched grains
- Spinach
- Dried beans (lima, kidney, black, pinto)
- Dried fruit
- Baked potatoes



Important Nutrients for Toddlers: Folate

- **Folate:**

- Dark leafy greens
- Whole grains
- Fortified foods (breads and orange juice)
- Avocados
- Bananas



Interpreting Food Labels

- **What to Look For:**
- Terms that indicate **20%** or higher of RDA
 - **“Excellent Source”**
 - **“High”**
 - **“Rich In”**
- Terms that indicate **10-19%** RDA
 - **“Good Source”**
- **5%** or less of RDA:
 - **“Low”**

Interpreting Food Labels

What to Look For:

- **Whole Grains & Fiber:**
 - Daily Value:
 - 20% or Higher is **Good**
 - 3-5 grams of fiber per serving
- **Fat, Cholesterol, Sodium:**
 - Daily Value:
 - 5% or Lower is **Good**
 - 20% or Higher is **Bad**
 - Exception is “Healthy Fat” Sources



Interpreting Food Labels

- **Watch out for:**

- Partially Hydrogenated Oils
- Dyes or Artificial Colors
- Chemical Preservatives
- High Sugary Products:
 - high fructose corn syrup, honey, rice syrup or dehydrated cane juice
- **TIP:**
 - The higher the ingredient is on the ingredient list the higher the concentration.



Eating a Variety of Food

- Whole Grains:
 - 3-5 oz's whole grains per day
- Vegetables:
 - 1-1 ½ Cups (cooked or raw)
- Fruits:
 - 1-1 ½ Cups
- Dairy:
 - 2 Cups per day



Eating a Variety of Food

- Fats:
 - 30-35% total fat per day
- Oils:
 - 2-3 tsps per day
- Calcium:
 - 1-3 years (500 mg per day)
 - 4-8 years (800 mg per day)
- Each Child's nutritional requirements vary.
 - *Consult with your child's pediatrician to determine a healthy eating plan that works for your toddler.*



Helpful Sources

- Fruitsandveggiesmatter.gov
 - Foodchamps.org
 - Healthiergeneration.org
 - (Cool Fuel for Kids Cookbook)
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- Visit <http://www.familyfares.com/> and click on To Your Good Life for additional information on children's health, recipes and other helpful tools.