



Snacks for Kids 1–3



At this age, children have appetites that change throughout the day. They need healthy snacks between meals to provide energy, vitamins and minerals. Remember to vary choices, control portions and don't force a child to clean his plate.

Ideas!

Fruits



Cut up in small pieces: bananas, watermelon, peaches (peeled), mandarin oranges, grapes, cantaloupe, strawberries. Older toddlers can also have cut up apples and pears.

Beverages



Milk and water are healthy drinks. Juice is not recommended.

Veggies



Diced tomatoes, diced and cooked green beans or potatoes and cooked soft peas

Protein



Peanut butter or hummus thinly spread on cracker, bread or tortilla. Scramble or hard-boil an egg.

Dairy



Grated or diced soft cheese, yogurt, cottage cheese and milk

Grains



Non-sugary cereal (with or without milk), whole grain crackers, pasta, rice, tortillas or rice cakes

This is not a complete list of foods that infants and toddlers may eat.

Choking Hazards

Supervise meal and snack time. Choking is a silent accident. Avoid foods that are round, hard, small, thick, sticky, smooth or slippery like:

- Raw vegetables including carrots, peanuts, nuts, seeds
- Whole or round cut hotdogs
- Whole grapes
- Sticky, hard or round candy, like suckers
- Chewing gum
- Popcorn
- Chips and hard pretzels
- Marshmallows
- Spoonfuls of peanut butter

Quick Tips

Snacks are not for when children are bored, tired or cranky.

Snacks are any healthy foods, even leftovers.

Keep snack portions small (the size of child's fist) – they aren't meant to replace meals.

Sit down to eat and drink. Walking, running and playing during meals/snacks is dangerous and teaches unhealthy habits.

Limit sweet, sticky snacks to keep teeth healthy.

Necessary vitamins and minerals are found in fruits and vegetables without the unwanted sugars in juice that can lead to obesity and tooth decay.

Follow your doctor's advice about nutrition and feeding. Ask questions if you have concerns.



Feeding Your Infant



Babies eat whenever they're hungry. When a baby opens or puts her fist in her mouth, that may be a sign that it's time for feeding. Children eat different amounts daily based on their needs. Never force a child to eat.

0–6 months

Breast milk or iron-fortified formula.

Nursing is the preferred method of nourishment.

Breast milk provides all known and unknown nutrients necessary for growth and development.

6–8 months

Breast- or formula-feed first.

When starting your infant on solid foods, introduce one new food at a time. Watch for reactions and allergies. Wait 3 days before introducing another new food.

Use small dish & spoon. Portions should be size of baby's fist.

Baby or mashed table foods such as:

- Infant iron-fortified rice cereal
- Cooked vegetables
- Peeled, soft fruit

8–12 months

Continue to breast- or formula-feed.

Use small dish and spoon. Portions should be size of baby's fist.

Introduce finger foods between 8–9 months. These include baby or table foods mashed or in small, diced pieces such as:

- Infant iron-fortified rice or oat cereal
- Cooked vegetables
- Peeled, soft fruit
- Noodles, pasta
- Mashed or finely cut meat, chicken or fish
- Grated or diced soft cheese
- Yogurt

12–24 months

Continue to breastfeed. Wean from formula at 12 months.

Allow toddlers to help you feed them with toddler spoon and fork. They won't be very good at it as they're just learning. Portions should be size of toddler's fist.

Baby or table foods in small, diced pieces as listed for 8–12 months plus:

- Cooked egg
- Rice
- Whole wheat bread, crackers, cereal O's
- Start whole milk in a cup at 12 months
- Offer water instead of juice

