

HEALTHY SNACKS FOR TODDLERS

1



Snacks are a great opportunity to provide toddlers with extra energy and nutrients between meals



Offer your toddler 2 to 3 healthy snacks each day. For example, in the mid-morning, mid-afternoon and evening (optional)

3



Vary snacks from day to day to ensure your toddler gets important vitamins and minerals to help them grow, learn and play

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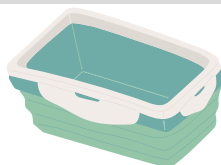
Vegetables, fruits, dairy foods (and non-dairy alternatives), pulses, eggs, fish, meat, bread, and other cereals, can all be included as snacks

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Involve your toddler when making snacks to encourage learning about food. Eat together so your toddler can copy and learn from you



6



Plan for snack time when you are out-and-about. Pack a lunch box with your toddler's favourite snacks and cut them into sticks or fingers which are easy to manage

7

Limit high fat, salt, and sugar foods including biscuits, flavoured yogurts, sweet spreads, and other confectionery



Top tips for 1- 4 year olds

The following are some examples of the variety of foods you can offer for snacks at home and in early years settings:

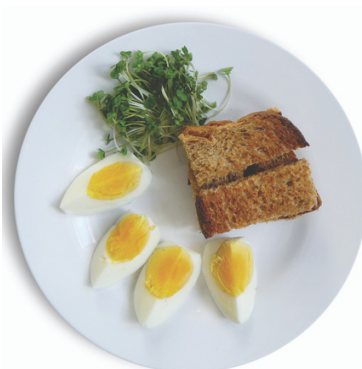


- Fresh fruit but not dried fruit
- Vegetable sticks such as carrot or cucumber
- Bread sticks with pinto bean or red lentil dip

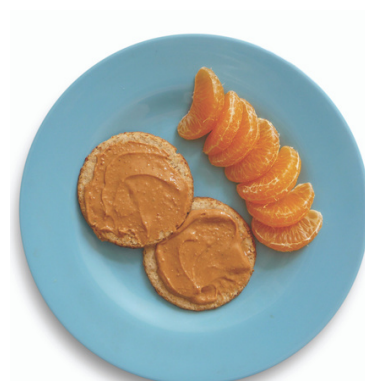


- Scotch pancake and strawberries with banana
- Mini pitta bread sandwiches with a variety of fillings
- Chopped peppers with dips based on yoghurt, cream cheese, or houmous

- Hard boiled eggs slices, toast and mustard, and cress
- Yoghurt topped with fresh fruit
- Hard cheese and green beans
- Milk with sliced peppers and carrots



- Ground nut butters on rice cakes or oat cakes topped with chopped fruit
- Fish-based pâté or dips such as tuna with sweet potato wedges



Ideas for snacks to take out and about:



- Chapatti and carrot sticks
- Puffed wheat and mango
- Rice cake, orange and cheese fingers
- Crackers and mango



- Scotch pancake and banana
- Milk, blueberries, and mandarin slices
- Peppers, carrots, and milk

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