



## Healthful Snacks for Toddlers

- Fresh Fruit:** Apples, bananas, peaches, nectarines, pears (sliced), cherries, grapes, plums (sliced and pitted), oranges or grapefruit sections (cut into pieces), strawberries
- Dried Fruit:** Apples, apricots, peaches, pears (cut up), dates, prunes (pitted and cut up), raisins
- Vegetables:** Carrots, green beans (well cooked, diced), steamed cauliflower, broccoli, yams (cooked and diced), peas (mashed for safety, a child can inhale whole peas), potatoes (cooked and diced)
- Dairy Products:** Cheese (grated or diced), cottage cheese, yogurt, fresh frozen milk
- Breads and Cereals:** Whole-wheat bread, bagels (cut into small pieces), crackers (saltines, graham, whole grain), dry cereal, pretzels, rice cakes
- Meat/Protein:** Fish (canned tuna, salmon, sardines, whitefish), peanut butter (smooth, spread thin on bread or crackers)

### THE CASE OF MISSING NUTRIENTS:

Studies in large numbers of school-age children have shown that the nutrients most often lacking in their diets are calcium, iron, zinc, Vitamin A, Vitamin C, (ascorbic acid), Folic Acid, and Vitamin B6 (also called pyridoxine). However, these essential nutrients are so plentiful in foods that a child only needs to consume the minimum number of servings recommended in the Food Guide Pyramid to get the right amount each day.

The missing nutrition can be obtained from the following sources and servings:

<b>Whole Grain, Fortified Cereals, Bread:</b>	6 Servings	Iron, Zinc, Vitamin B6, and Folic Acid
<b>Fruits:</b>	2 Servings	Vitamins A, B6, C, and Folic Acid
<b>Milk, Cheese, Yogurt:</b>	3 Servings	Calcium, Zinc, Vitamin A, B6
<b>Meat, Fish, Poultry:</b>	2 Servings	Iron, Zinc, Vitamin B6
<b>Vegetables (dark yellow, leafy green, potatoes):</b>	2 Servings	Vitamins A, B6, C, Folic Acid

### EXCHANGING VITAMIN AND MINERAL SOURCES

#### *Vitamins for children who don't like vegetables:*

Vitamin A: Apricots, cantaloupe, mango, peaches, plums, prunes, milk, eggs

Vitamin C: Grapefruit, oranges, cantaloupe and other melons, strawberries

#### *Calcium for children who don't drink milk:*

Part-skim and low-fat cheeses, yogurts, broccoli, dark-green leafy vegetables, chickpeas, lentils, canned sardines, salmon and other fish with bones, calcium-fortified orange juice.

Some over-the-counter antacids containing calcium carbonate.

#### *Protein for children who don't eat meat:*

Lentils, tofu, beans and other legumes in combination with grains; peanut butter, eggs, fish, nuts, dairy foods.