

Toddler Snack Builder

CHOOSE AT LEAST ONE FROM EACH LIST - INCLUDE FRUITS +
VEGGIES OFTEN - ONLY WATER IN BETWEEN MEAL/
SNACKTIME

PROTEIN/FAT

Peanut butter
Hard boiled egg
Whole milk yogurt
Sharp cheddar cheese
Whole milk
Avocado
Hummus
Almond butter
Plain kefir
Black beans
Chia seeds (soaked in
milk)
Goat cheese

CARBOHYDRATE

Fruit
Sprouted wheat toast,
pita, tortilla
Granola
Dried fruit (dates,
apricots, raisins, cherries)
Whole grain cereal
(cheerios, grapenuts,
bran flakes, oats)
Sweet potato
Waffles/pancakes/
muffins/cookies

COMBO IDEAS

Energy bites - dates + almonds + oats
Fruit dip - yogurt + peanut butter + honey
Smoothie - kefir + frozen banana + fruit + cashews
Pudding - chia seeds + milk + honey + berries
Banana sushi - tortilla + peanut butter + banana
Veggie dip - yogurt + taco seasoning