

55 healthy foods for toddlers!

fruits

- apple slices*
- bananas
- blueberries*
- cantaloupe
- cherries {pitted}
- clementines
- grapes*
- honeydew
- nectarines*
- peaches*
- pears*
- pineapple
- raspberries*
- strawberries*
- watermelon

veggies

- cherry tomatoes {halved}*
- bell peppers {cut in strips}*
- broccoli {steamed}
- cauliflower {steamed}
- celery*
- peas
- green beans*
- cucumber*
- lettuce*
- baby / matchstick carrots
- sweet potatoes*
{sliced, seasoned, & baked}

protein

- almond butter
- avocado
- baked chicken
- grilled chicken
- rotisserie chicken
- hard boiled egg
- scrambled egg
{w/ or w/o veggies}
- fish
- ham
{low sodium / nitrate free}
- humus
- turkey breast
{low sodium / nitrate free}

grains

Some of these items are naturally gluten free; however, in the items that are not, many supermarkets carry gluten free versions.

- corn muffins
- oatmeal
- pancakes
- pasta
- pita chips
- pretzels
- quinoa
- rice cakes
- tortillas
- waffles

dairy

- almond milk
- cheese {cut into fun shapes}
- greek yogurt
- kefir
- string cheese

quick snacks

- freeze dried fruit
- rice snacks
- applesauce pouch
{no sugar added}

**Foods that you should always buy organic {due to use of pesticides, etc.}*

