



TODDLER EATING

Meal/Snack Suggestions

BREAKFAST	MORNING AND AFTERNOON SNACKS	LUNCH AND DINNER
<p>Cup of whole milk and fruit plus High-fiber cereal</p> <p>-OR-</p> <p>whole grain toast or english muffin with small amount cream cheese or jam</p> <p>-OR-</p> <p>whole grain waffle</p> <p>-OR-</p> <p>1 scrambled egg</p> <p>Note:</p> <p>Look for cereals with 3 or more grams of fiber per serving, for example, Frosted Mini-Wheats, Multi-Grain Cheerios, Oatmeal, Puffins, Quaker Squares, Raisin Bran, Weetabix</p> <p>Make sure fruit is soft and cut up into small pieces; fresh fruit is great, but use canned, frozen, or dried fruits when fresh fruits not available</p>	<p>Cup of water plus Fruit</p> <p>-OR-</p> <p>yogurt or yogurt smoothie</p> <p>-OR-</p> <p>high fiber cereal</p> <p>-OR-</p> <p>whole grain breakfast bar</p> <p>-OR-</p> <p>whole grain toast or english muffin with small amount peanut butter or cream cheese</p> <p>-OR-</p> <p>whole grain crackers plus cheese cubes or slice of American cheese</p>	<p>Cup of milk plus</p> <p>Whatever the family is having</p> <p>Try to offer a balanced meal with some of each of the following:</p> <ul style="list-style-type: none"> - vegetables - fruit - grains (for example, whole-grain breads, pasta, rice, potato, couscous) - protein source (for example, meat, fish, beans, soy products)

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urgent visits

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