



TODDLER FOODS & MEALS

EASY AND HEALTHY IDEAS

This guide is intended for toddlers from about 18 months and older. However, many of these ideas are perfect for babies transitioning to table and finger foods, too! Please use your best judgement when deciding if your child is capable of chewing something, as each child is unique. For instance at 20 month old may be able to chew a small pretzel, while a 12 month old can't (pretzels are on this list). Also, hard fruits and veggies should be cooked for younger children. Always, eat with your child and monitor them and their skills while eating. Be adventurous and have fun at meals, but trust your instincts.

For more help, you can read more about toddler portion sizes.

**You can read Your Kid's Table full disclaimer (that includes this printable) [here](#).*



TODDLER FOODS

MAKE YOUR OWN MENU

CARBS

Toast
Plain or Buttered Bread
English Muffin
Bagel
Cheerios
Barley
Corn Grits/Polenta
Brown Rice
Short Pasta
Graham Crackers
Town House Crackers
Pancakes
Crepes
Waffles
French toast
Corn Grits/Polenta
Tortilla
Pita
Oatmeal
Quinoa
Cream Of Wheat
Fruit and Vegetable
Breads (i.e. zucchini,
banana, etc.)
Muffins
Corn Bread
Garlic bread
Breadsticks
Buns/rolls
Pretzels
Tortilla
Pita
Dry Cereal

PROTEINS

Meatballs
Meatloaf
Taco Meat
Tofu
Peanut Butter
Almond Butter
Shredded Cheese
Sliced Cheese
Fish Filet (cod/tilapia etc.)
Salmon
Crab Cakes
Chicken
Chicken salad
Turkey (ground or
breast/cutlet or deli)
Hard-boiled Egg
Scrambled Egg
Hummus
Black Beans
Cheese Spreads
Cottage Cheese
Ricotta Cheese
Diced Hot Dog
Diced Sausage
Crumbled Sausage
Bacon
Kielbasi
Ham
Crumbled Goat Cheese
Plain Pulled Pork
Shreds of Pot Roast
Yogurt
Tzatziki Sauce

FRUITS/VEG

Peaches
Watermelon
Plum
Mango
Banana
Avocado
Potato
Sweet Potato
Applesauce
Bell Peppers
kiwi
Pears
Papaya
Peas
Apples
Carrots
Cooked Diced Celery
Pureed Soups
Inside of Baked Potato
Mashed Potato
Mashed Sweet Potato
Sweet Potato Fries
Broccoli (extra soft)
Cauliflower (extra soft)
Puree Fruits use as spread
Butternut Squash
Zucchini
Strawberries
Blackberries
Blueberries
Raspberries
Spinach

GET INSPIRED WITH 15 MEALS

TODDLER MEALS

BREAKFAST

Yogurt with granola sprinkled on top and sliced banana

Diced Omelet with finely diced spinach and mushroom and toast

Oatmeal (I like to mix in a teaspoon or two of ground flax seed too) and fresh cherries

English muffin with peanut butter spread on top (I will sprinkle the chia seeds and/or flax seed here too!) and diced grapes

Pancakes with mashed banana (can add ground flax seed and chia seed to batter), slivered almonds, and raspberries

LUNCH

Pan fried quesadilla with cheese, diced sweet peppers, and black beans

Hard boiled egg, crackers, and matchstick or shredded carrot sticks

Soup (think tomato, chicken noodle, potato, or wedding), baked soft pretzel, and diced melon

Grilled cheese and turkey, pickles, and sliced apples

Open faced peanut butter bread with sliced banana on top

DINNER

Diced chicken sausage, tortellini noodles, and broccoli that's slightly over-cooked

Homemade mini stromboli (add whatever meat/veggie/cheese filling you prefer) and cucumbers

Popcorn shrimp, pierogies, and steamed carrots

Veggie and ham/turkey/chicken quiche (add whatever you want or don't want with this quiche recipe)

Thick beef stew with biscuits