

HEALTHY TODDLER FINGER FOOD IDEAS

FRUITS

Fruits should be soft (cooked, if needed, or very ripe otherwise) and able to be easily mashed or gummed in your child's mouth. Remove peels and cut into small pieces or sticks for your child to pick up.

If the fruit is slippery and your child has trouble grasping it, you can roll it in a "dusting" of crushed O cereal.

Banana

Peaches

Pears

Avocado

Mango

Pineapple

Blueberries

Strawberries

Blackberries

Raspberries

Apples, including no-sugar-added applesauce

Kiwi

Watermelon (seedless)

Cantaloupe and honeydew, if soft enough

Grapes - cut in fourths to avoid a choking hazard

You can also incorporate fruits into oatmeal, pancakes and muffins.

VEGETABLES

Vegetables should be well-cooked and soft enough that they can be easily mashed or gummed in the mouth. Cut larger vegetables into small pieces or sticks.

Green peas

Broccoli

Sweet potato

Baked potato

Carrots

Zucchini

Summer squash

Butternut squash

Spaghetti squash

Green beans

Asparagus

GRAINS

Stick to whole grains and try to limit the amount of processed grains they receive. Cooked grains, once cooled a bit, can be smushed together to create little clumps for your child to pick up. Adding melted cheese helps, too.

Brown rice

Oatmeal

Barley

Quinoa

Farro

Whole wheat pasta, cooked well and cut into small pieces. Can mix with tomato sauce or cheese or a veggie puree.

Whole wheat toast pieces - great served with a spread of applesauce, avocado, peanut butter or any fruit/vegetable puree or with melted cheese

O cereal pieces

Pancakes (oatmeal, pumpkin, blueberry, etc.)

Healthy muffins (pumpkin, banana, zucchini-carrot, spinach banana, blueberry, etc)

Soft crackers (make sure they don't have added sugar and aren't too high in sodium)

Quesadillas (fill with cheese, chicken, avocado, beans, etc.)

Soft baby cookies

Banana bread or other breads (go for naturally sweetened and whole grain)

PROTEIN

Active, growing toddlers need protein and they'll get it from many sources (including their milk). Here are some protein ideas you can serve. Make sure everything is well cooked, soft and cut into appropriate sizes.

Cooked chicken, cut in small pieces or shredded, or small ground chicken pieces

Cooked turkey, cut into small pieces, or small ground turkey pieces

Cooked pork, cut into small pieces or shredded, or small ground pork pieces

Cooked beef, cut into small pieces or shredded, or small ground beef pieces

Cooked fish, cut into small pieces - tilapia, cod, salmon and tuna are good places to start

Soft beans, including black beans, cannellini beans, pinto beans, refried beans, edamame, field peas and black-eyed peas

Scrambled eggs or hard-boiled eggs, cut into small pieces

Egg muffins or omelets, cut into small pieces

Tofu

Hummus

Soft meatballs or burgers, cut into small pieces - chicken, turkey, beef, pork or veggie

Tuna or salmon patties

DAIRY

Toddlers should continue to drink milk. Check with your pediatrician on the recommended amount and type for your child.

Cheese including cheddar cheese, mozzarella and other soft cheeses

Serve cheese as small cubes, small sticks or shredded

Yogurt bites (make them yourself!)

You can also incorporate cheese into quesadillas, eggs, pasta or make grilled cheese bites.

See the full list of toddler finger foods and recipes at [Family Food on the Table](#).

