easy toddler meals

Your toddler is ready to stop eating baby foods.

What can he eat?

Most of his foods can come from the family meal when he is one year old. Offer table foods that are soft, chopped and lightly seasoned - **eat together!**

toddlers love pasta

Serve fruits and vegetables at every meal!

Pasta and Meatballs

with diced peaches or cooked broccoli

- Cook spaghetti or a small pasta such as alphabet shapes, circles or shells.
- Top pasta with spaghetti sauce and a crumbled meatball.
- Keep a bag of meatballs in your freezer - ready to heat and eat.

Noodles and Cheese

with cooked green beans or carrots

- Cook pasta - macaroni, egg noodles, alphabet shapes, bowtie noodles.
- Drain pasta and sprinkle with Parmesan, shredded cheddar or American cheese.
- Serve noodles with shredded chicken, meatball, or heated diced ham.

Chicken and Rice

with cooked peas

- Heat 1 tablespoon of vegetable oil in a skillet.
- Cook one chopped chicken breast in skillet until meat is no longer pink.
- Add 2 cups cooked rice, ½ cup peas and ¾ cup chicken broth to chicken.
- Heat and stir.

Limit processed foods such as canned pastas and soups, and boxed dinners. They have a lot of extra salt. Make your own pasta dishes.

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what are other easy meals my toddler and I can eat together?

nd Cheese Sandwich

beans

tiny triangles - easy to eat.
y instead of ham.

n Salad with applesauce

chopped chicken or
a little mayonnaise.
wheat toast or crackers.

adilla

toes

cken and
ddar cheese
rtilla.
beans to
more protein.
nd heat in
heese melts.
tiny pieces.

es

e potato or sweet potato.
with:
nd broccoli -
served on top of potato.
ed chicken and green beans.
ed hamburger and carrots.
le shredded cheddar cheese.

ne do it"

to feed themselves.
all pieces that are easy
hold. Give him
ve food in a
he can
spoon.

of milk
meal.

toddler could choke on such
hard vegetables and large pieces
sure if a food is soft enough,
. **Sit at the table with your**
ts.

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