

# Healthy Meal and Snack Ideas

### What is Canada's food guide?

Information to help you plan nutritious meals and snacks. Find it in the back of the book.



### TRY THIS

Offer your toddler the same healthy foods that the rest of the family enjoys. Eat vegetables, fruit, whole grains and protein foods regularly. Offer foods with different flavours and textures.

- ✓ baked beans on whole grain toast
- ✓ carrot or pumpkin bread with cream cheese
- ✓ chili, dahl or lentils with rice and vegetables
- ✓ congee or rice porridge with small pieces of meat
- ✓ dessert tofu with fresh fruit
- ✓ fish in a whole-wheat bun or bannock
- ✓ fresh fruit in pieces – with seeds and tough skins removed – and yogurt for dipping
- ✓ grated or small cubes of cheese with whole grain crackers
- ✓ macaroni and cheese
- ✓ meatballs with pasta
- ✓ milk or yogurt blended with fruit
- ✓ oatmeal or cream of wheat with milk
- ✓ pancakes or waffles with applesauce
- ✓ rice or pasta with meat and vegetables

- ✓ rice pudding made with milk
- ✓ scrambled eggs or mini omelette made with diced vegetables
- ✓ small muffin thinly spread with peanut or nut butter
- ✓ soft tortillas filled with beans or ground meat
- ✓ sandwich triangles made with egg, canned tuna or salmon, or easy-to-chew meat
- ✓ fish chowder and a breadstick
- ✓ spaghetti with tomato or meat sauce
- ✓ vegetable, split pea or bean soup with whole-wheat crackers, bannock or roti

- ✓ vegetables (cooked and cooled) with yogurt dip, hummus or dahl
- ✓ whole grain cold cereal with milk and fruit pieces or berries
- ✓ whole grain crackers or rice cakes with cottage cheese or mashed avocado
- ✓ whole-wheat pita or roti with hummus or dahl
- ✓ yogurt mixed with pieces of fruit or applesauce
- ✓ yogurt with crackers or roti

