

Finger Foods for Toddlers

(16 months and up)



Breads and Cereals

Animal crackers
Arrowroot cookies
Bagel
Cereals (hot or cold – avoid those which are sugar coated or chocolate or fruit flavored)
Cooked macaroni
Crackers
Graham crackers
Oyster crackers
Saltines (low salt)
Soft pretzel (cut into sticks)
Spinach noodles
Stone ground wheat crackers
Toast (cut into sticks or squares)
Zwieback

Fruits

Apples (peeled and cored)
Bananas (cut into chunks)
Cantaloupe (cut into small pieces)
Cherries (pitted)
Fresh Berries: Blueberries, strawberries (halved)
Fruit cocktail (drained)
Grapes (peeled and seeded)
Kiwi
Mandarin oranges (canned, drained)
Navel oranges (peeled, seeded and membranes removed)
Peaches (peeled)
Pears (peeled)
Watermelon (seeded and cut into small pieces)

Meats/meat alternates

Beef or pork roast (ground or diced)
Cheese (soft and aged such as American or mozzarella, cut into small squares)
Chicken or beef liver
Chicken or turkey (ground or diced)
Cottage cheese
Deli turkey breast, roast beef or ham
Eggs (hard cooked and peeled or deviled – not highly spiced)
Fish (without bones and flaked – not salmon)
Ham (cut up)
Hamburger (crumbled)
Lamb (ground)
Small meatballs
Spareribs (boned and well cooked)
Tuna fish (low salt)
Veal
Yogurt

Vegetables

Asparagus Tips (cooked)
Avocado (ripe, peeled and seeded)
Baby carrots (cooked and cut into sticks)
Broccoli tips (cooked)
Cauliflower (cooked)
Cherry tomatoes (halved)
Green beans
Lettuce (cut up)
Peas
Potatoes (mashed, boiled, baked, au gratin, escaloped)
Squash (mashed or cubed)

Adapted from: *Feeding Hints for Infants and Toddlers*, published by Greater Minneapolis Day Care Association Nutrition Committee in cooperation with the Minnesota State Department of Education, Child Nutrition Section, June 1980.