



Toddler Breakfast Ideas

Eggs:

- Add cheese and vegetables (spinach, mushrooms, tomatoes, peppers)
- Serve hardboiled or make egg salad with small amount of mayo or Greek yogurt
- Wrap scrambled eggs in a small corn or whole wheat tortilla.
- Make a vegetable and cheese quiche. Divide it into small portions and freeze.

Plain Greek Yogurt or Cottage Cheese:

- Mix in 1 teaspoon ground flaxseed and some berries or other fruit. Sprinkle with cinnamon.
- Add almond butter or peanut butter to yogurt and use as a spread for whole grain toast or add to oatmeal.
- Mix with cooked oatmeal and fruit.

Tofu:

- Make a tofu scramble with vegetables.
- Grill tofu slices and layer with spinach and cheese.

Avocado:

- Mash and serve on whole wheat toast with pear or apple slices.
- Mix with cottage cheese or Greek yogurt and chopped grapes.

Cheese:

- Melt cheese on whole grain toast with apple/pear slices.
- Serve cheese slices or sticks with small portion of fruit and whole grain toast.

Oatmeal, Quinoa or Cereal:

- Make a parfait with berries and yogurt.
- Mix with a scrambled egg.
- Mix in yogurt and a small amount of nut butter. Sprinkle with cinnamon or nutmeg.
- Choose unsweetened oatmeal and if you use cold cereal, look for less than 1 gram of sugar and more than 3 grams of fiber per serving.

Meat Sticks/Sausage/Bacon/Meat Substitutes: (look for nitrate free)

- Use small, chopped pieces to add flavor to scrambled eggs, breakfast sandwiches, oatmeal
- Serve meat sticks with fruit slices and a slice of whole wheat toast.



Toddler Meals

1. Decide on a protein source.
2. Add a low starch vegetable.
3. Finish with a small portion of healthy carbohydrate for growth.

Protein foods:

- Lean meats: chicken, turkey, beef, ham
- Legumes: black beans, hummus, lentils, black eye peas, etc.
- Seafood: tuna salad, shrimp, fish
- Eggs: cooked or hard boiled.
- Tofu
- Cheese

Carbohydrate Sources:

- Quinoa, couscous, polenta, barley, amaranth
- Whole grain bread- look for dense whole grain.
Compare fiber sources.
- Corn/whole grain tortillas (can use for wraps, dips, "pizza" crust)
- Sweet potato, peas and corn (limit white potatoes)
- Brown rice (limit white rice)
- Popcorn

Vegetables:

Cucumbers,
tomatoes, broccoli,
peppers, asparagus,
snap pea pods,
Brussels sprouts,
artichokes, squash,
spaghetti squash,
green beans,
zucchini, eggplant,
spinach, carrots,
grilled onions,
parsnips, greens,
green salad

More Meal Tips:

- Meals should have protein, carbohydrate, and some healthy fats. Children need carbohydrates to grow. PWS kids need them too, just in smaller amounts!
- Limit fruit to twice a day. Fruit can be the carbohydrate source at a meal or snack.
- Choose a variety of colors when choosing vegetables. Each vegetable has unique nutritional benefits and phytochemicals
- Portion sizes? Start with 1 tablespoon per year of age for protein and carbohydrate. Adjust as needed based on appetite, growth. This is an estimate- Every child has different needs!