



Tiny Tum mies Nutrition: A Quick Guide for Moms

Feeding tiny tum mies is no easy job. From offering foods in age-appropriate formats to overcoming picky eating, mealtimes can take persistence. Here are 6 tips to support you and your toddler on your feeding journey.



Plan Ahead

- Weekly menus lead to smoother mealtime, involve your toddler in the planning process to hear what foods they are most enthusiastic about.



Fill Nutrient Gaps

- Nutrients like potassium and fiber are critical for your growing toddler. Focusing on a variety of fruits and vegetables and whole grains can help.
- To add more nutrition, try Greek yogurt-based dips or hummus with prune puree, nut or seed butters to fruits and offer whole wheat pasta or bread.



Blend it Up

- For more nutritious smoothie sips, try adding prune or PlumGood™ juice (4–6 oz. max daily) for natural sweetness and added fiber.



Fuel Their Day with Fun!

- Use dried fruit to make silly faces on pancakes and offer new foods on fun utensils to encourage your child to try them. Playfully cut sandwiches and fruit with cookie cutters.



Be a Role Model

- Show your child that healthy food is delicious by eating the same meals and snacks with them.



Safety First

- Chop foods to avoid choking risks and always supervise while eating. Soften or blend dried fruits to make them easier to chew for children under age 4.



Discover delicious toddler-friendly recipes at sunsweet.com/recipes.
Adopted from Tiny Tum mies by Bridget Swinney MS, RDN



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