

Tips To Get Your Toddler To Eat A Nutritious Diet



Schedule meals and snacks

Active toddlers need to eat every three to four hours. Plan and schedule healthy meals, so your child feels less cranky throughout the day.



Make eating enjoyable

Be creative and let your toddler explore and eat foods in different shapes and colors. This will make them look forward to meal times.



Try dip recipes

Delicious dip recipes like creamy avocado dip, hummus dip, and carrot chickpea dip are sure to be loved by your toddlers.



Avoid drink calories

Sweetened drinks add extra calories and have no nutrition. Prevent your toddler from consuming them in excess.



Don't glorify desserts

Don't make desserts a prize for eating healthy meals. If you do so, toddlers will feel desserts are more valuable than fruits and vegetables.



Enjoy meals together

Sit with and supervise toddlers during meals and snacks. It will help you enjoy meals and learn more about each other.

