**FINGER FOODS APPROPRAITE FOR CHILDREN**

**ONE YEAR AND OLDER**

**VEGETABLES** **MEATS/FISH**

Carrot sticks Small meatballs

Cauliflower Tender roasts

Cherry tomatoes, halved Hamburger/Meatloaf

Mushrooms Lamb chops

Lettuce Veal

Cucumber Chicken or Turkey

Avocado Tuna fish

Asparagus tips Salmon

Broccoli florets Luncheon meat

Green beans Ham

Cooked sweet potatoes Tofu\*

Mashed or baked potatoes

Peas **BREADS/GRAINS**

Celery (strands removed) Toast

Beans (kidney, black, lima)\* Cookies

Rice cakes

**FRUIT** Soft Granola Bars/Cereal Bars

Apples Crackers

Pears Cold or hot cereals

Peaches Bagels with cream cheese

Navel oranges Pasta

Mandarin oranges Tortellini or Ravioli

Fruit cocktail Spinach Noodles

Berries

Melons **DAIRY**

Banana (whole or sliced) Soft cheese

Dried fruit Eggs \*

Cottage cheese (with fruit)

Yogurt

Ice cream or frozen yogurt

**Try sandwiches (grilled cheese, cream cheese and jelly). There is some variation in this depending on allergy history.**

**Remember to encourage utensil use. As your child’s ability with a spoon increases, so should the bowl type food you serve. Be patient and try not to let the mess dissuade you from continuing your child’s practice.**

**Whenever possible, opt for whole grain products and low salt variations of products.**

**Avoid cereals that are sugar coated, honey coated, or chocolate. Foods containing sodium nitrates (processed luncheon meats) and Splenda or artificial sugar should be served in moderation.**

\*Good vegetarian option