

A photograph of a young child with curly blonde hair and a white bow, eating raspberries from a bowl. The background is a soft-focus green outdoor setting.

Snacks that Boost Toddler Development

Your little one's brain is constantly growing and soaking up new information. Their curious minds are continuously exploring and finding out new things.

What can you do to boost the process of learning? Here are a few snacks that are healthy and super beneficial for your toddler to excel and get all the needed nutrients.

01 To protect their brain-cell membranes from damage: Antioxidants

Antioxidants include all bright coloured fruits and veggies. Sneak a few strawberries, blueberries or blackberries into their snack time. Antioxidants strengthen your child's brain-cell membranes, which means they grow up to be healthy and smart young boys and girls. It also means that when accidents do occur, their membranes protecting the brain will be stronger – which will minimise the damage.

Other antioxidants also include nuts and seeds. Mix a few nuts and seeds into your child's yoghurt or other meals.

02 Brain development, Memory and Function: Choline

Foods that are rich in choline include eggs, beans, brussels sprouts, broccoli, cauliflower, yoghurt, tofu, buckwheat, and lean beef.

These foods could be tricky to get your toddler to eat but are extremely beneficial in improving their brain development, memory and brain function. Choline-rich foods also help improve your brain's communication with the rest of the body. Try to encourage these foods by making scrambled eggs, or pancakes containing buckwheat. Another clever trick is sprinkling the cauliflower over meals and mixing it in.

03

Brain and Eye Development, Stabilising moods: Omega-3 Essential Fatty Acids

These nutrients refer to all the good things in breast milk and formulas. If your toddler is long past the breastfeeding days, alternatives include salmon, prawns, walnuts, flaxseed and yoghurt.

Serve this to your toddler by making salmon salads or putting a piece of salmon on a slice of whole-wheat bread. You can also add some walnuts to your fruit and yoghurt mix, making it a cocktail of healthy superfoods.

04

Brain function and main source of fuel: Carbohydrates

Carbohydrates are the main source of fuel for anyone and are, therefore, a vital part of your toddler's diet. Examples of carbohydrates include whole-grain bread, pasta, crackers, cereals, brown rice and pancakes.

Source:

https://www.babycenter.com/0_could-my-toddler-have-a-developmental-delay_1615564.bc