

35 Nourishing Ideas for Sick Toddlers

- ☐ Bananas
- ☐ Applesauce
- ☐ White Rice
- ☐ Plain Pasta
- ☐ Oatmeal
- ☐ Scrambled Eggs
- ☐ Yogurt with Live Cultures
- ☐ Chicken Broth
- ☐ Fruit Smoothies
- ☐ Saltine Crackers
- ☐ Popsicles
- ☐ Pedialyte Freezer Pops
- ☐ Mashed Potatoes
- ☐ Toast or Plain Bread
- ☐ Boiled Carrots
- ☐ Steamed Apple Slices
- ☐ Rice Cereal
- ☐ Smooth Pumpkin Puree
- ☐ Applesauce
- ☐ Cooked Peas or Green Beans
- ☐ Brothy Noodles
- ☐ Pears or Canned Peaches
- ☐ Clear Soups
- ☐ Electrolyte Drinks
- ☐ Omelette with Cheese
- ☐ Dry Cereal
- ☐ Rice Pudding
- ☐ Soft Avocado
- ☐ Pears or Canned Peaches
- ☐ Clear Soups
- ☐ Electrolyte Drinks
- ☐ Omelette with Cheese
- ☐ Dry Cereal
- ☐ Rice Pudding