

# Fruits and Veggies for Toddlers

## Be a role model

- Children are always watching and learning parents' behavior
- Be open to trying new foods
- “Don't yuck my yum”
- Eat together without distractions (TV, phone, etc.)

## Include children in the process – shopping, prepping, and cooking.

### Tots can help:

- Pick the yummiest looking produce
- Wash fruits and veggies
- Play with measuring cups and spoons
- Learn to say names and colors of foods
- Peel off stickers, remove stems or sort ingredients

## Offer a variety of colors, textures, and flavors

- Offer the same fruit/veggie multiple times to increase exposure and increase the likelihood of a tot trying and enjoying new foods
- Use different cooking techniques to change the color, texture, and flavor. Try steamed, baked, or grilled!

## Sweet Potatoes Two Ways

### Baked/Roasted

- Whole Sweet Potato: Preheat oven to 425F. Bake until tender, 45-50 minutes.
- Diced Sweet Potato: Preheat oven to 425F. Dice into small cubes. Drizzle oil over mixture and toss to coat. Pour into a shallow roasting pan. Roast sweet potatoes in preheated oven, turning frequently until they are soft and golden brown, 30-35 minutes.
- Chips: Preheat oven to 250F. Rinse and dry sweet potatoes thoroughly and slice as uniformly thin as possible. Toss slices in oil to lightly coat. Remove once crisp and golden brown.

### Mashed

- Bring a large pot of water to a boil. Add sweet potatoes and cook until tender, 20-30 minutes. With an electric or hand mixer, blend potatoes until smooth.
- Pancakes: Whisk together ½ cup mashed sweet potato and 2 eggs until well combined. Add ¾ tsp. cinnamon, if desired, and stir. Heat oil over medium-low heat. Drop mixture by the Tbsp. and cook for 3-5 minutes. Flip each cake and cook until lightly golden brown on the outside and cooked through.



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