

BETA CAROTENE ENERGY VISION

VITAMIN C MASHED

IRON VEGGIE MASHED

IRON PROTEIN CALCIUM

FIBER FRIED RIBS ALL GROWTH

COMPLEX RIBS OXYGEN

CARBOHYDRATES COLESLAGE OXYGEN

NATURE'S CANDY

HEALTHY IMMUNE SYSTEM MUSCLES

sweet
taters
for your
little tots

SWEET POTATOES

are a versatile and nutritious food for babies and growing children of all ages. Mashed, fried or roasted, sassy sweets provide many vitamins and minerals that are essential for child development. And, with naturally occurring sugars, nature's candy will satisfy and nourish even the pickiest eaters!

1 FIRST FOOD

Sweet potatoes are a great first food and can be made into sweet or savory baby fare in a snap. Nutrient dense and safe to eat, cooked sweet potatoes have a soft consistency that is easily tolerated.

Ditch the glass jars and make a batch of baby food in 1, 2, 3!

1. Bake whole sweet potatoes at 450°F for 25-30 minutes.
2. Once cool, remove skins (a sweet and healthy snack for mom!)
3. In a food processor, puree orange flesh au naturel or with white beans, applesauce or banana. Voilà!

BETA CAROTENE

Bright orange and yellow in color, beta carotene turns into vitamin A and helps develop your child's peepers and keep them healthy and sharp

2 FINGER FOOD

By the time they reach their first birthday, most children prefer to eat with their fingers, fostering a toddler's development of hand-eye coordination. Small bites of sweet potato make for a nutritious option to help children learn to self-feed.

1. Peel and dice a sweet potato into 1/2-inch cubes; sprinkle with cinnamon
2. Spread on a plate; microwave until tender, about 2 to 3 minutes
3. Serve with a side of yogurt for dipping



3 TODDLERS & CHILDREN

It is never too early to get children thinking about healthy eating. Studies have revealed that children with a healthy diet are able to better concentrate in school, and developing healthy eating habits early might help them maintain a healthy lifestyle through adulthood.

Mix sweet potatoes into favorite dishes for a boost of nutrients and flavor

- Sweet n' Chunky Pasta: Mix sweet potato cubes and pepperoni into a tomato sauce for a chunky pasta creation
- Sneaky Mac n' Cheese: Add sweet potato puree to their beloved orange cheese sauce
- Festive Fries: Bake a mix of French fries and sweet potato fries for a colorful side dish

TIPS

Did you know it can take up to 15 tries for a child to acquire a taste for a new food? Make sweet potatoes a regular guest at meal time and they'll be asking for the delicious veggie in no time.

Kids are more likely to eat something if their parents are eating it.

4 MOMMY'S LITTLE HELPER

Assigning your child as sous chef at dinner time will likely perk interest in tasting different foods. Try this interactive recipe for [Sweet Potato Foil Packet Tacos](#) from the blog, [Perry's Plate](#). This tasty and well-rounded recipe will help your child appreciate meals and evolve creativity. Visit www.perrysplate.com for photos of how your child can help out in the kitchen.

- 1/2 pound ground turkey
- 3 tablespoons taco seasoning
- 1/2 cup tomato sauce
- 1 15-ounce can black beans, rinsed and drained
- 2 pounds sweet potatoes, peeled and cut into 1/2-inch cubes (about 2-3 medium)
- 2 tablespoons butter, divided
- 3/4 teaspoon salt, divided
- 1-1/2 cups fresh chopped spinach
- 1-1/2 cups shredded cheddar cheese

Preheat oven to 425°F. In a skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside. Lay out six 12-inch long pieces of aluminum foil; spray each piece with non-stick spray. *In the center of a piece of foil, place 1 cup sweet potatoes. Top with 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese. Fold sides of foil in over the mixture; fold the top and bottom ends of the foil inward and seal. Repeat with remaining foil and ingredients. Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25-30 minutes. Open carefully to avoid steam. Serve with sour cream or guacamole.

Yield: 6 portions

*Here is where your little helper jumps in!

SWEET POTATOES ARE A GOOD SOURCE OF

VITAMIN C

Boosts immune systems to fight off colds and flus. It also helps heal pesky scrapes and bruises

IRON

This essential little helper carries oxygen to every cell of the body to keep them in tip-top shape

POTASSIUM

Keeps their little hearts pumping hard and maintains muscle strength for maximum movement

FIBER

This magical nutrient bulks up food and keeps your child full and satisfied. It also regulates digestion so every trip to the potty is easy peasy

COMPLEX CARBOHYDRATES

The ultimate source of energy! It digests slowly so no sugar rush, just steady, prolonged energy for an active little munchkin

www.ncsweetpotatoes.com



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