



Sweet Potatoes

Did You Know?

One medium sweet potato contains 35% of the daily recommended Vitamin C and more than a day's worth of Vitamin A.



For an alternative to white potatoes, try cutting sweet potatoes into cubes, drizzling with olive oil, salt, and pepper, and roasting them until soft.



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Sweet potatoes, as the name suggests, are not only sweet but excellent for your health. They are high in beta carotene, a carotenoid that boosts immunity, and act as an antioxidant. Not only are they bright in color and full of nutritional benefits, but their versatile flavor creates easy preparation too.

Reasons to Enjoy Sweet Potatoes

- They contain large amounts of dietary fiber, helping keep the digestive tract healthy and regulating blood sugar.
- One medium sweet potato counts as one cup of vegetables in the MyPlate.gov Vegetable Group.
- They are a good source of Vitamins C, B6, E, riboflavin, folate, and biotin, as well as minerals including copper, iron and manganese.
- They can be eaten as a savory side dish or a dessert.

Purchase to Preparation

- When purchasing sweet potatoes they should be heavy for their size, firm, free of mold, blemishes, and sprouts.
- Look for sweet potatoes with skin that is taught instead of wrinkly.
- Try to store them in a cool, dark place, such as a pantry or a basement, and use within two weeks.
- Wash sweet potatoes before preparing to remove dirt or other particles from the skin.

Ideas for Use

Their creamy sweet consistency makes for a delicious and nutritious ingredient. Try them in:

- Soups
- Baked goods such as breads or muffins
- Grilled
- Boiled
- Baked
- Steamed

For more information on this nutritionally supercharged food, visit:

- The United States Sweet Potato Council
<http://www.sweetpotatousa.org/>