

HEALTH BENEFITS OF SWEET POTATOES

NUTRITION PROFILE

Don't let their sweet nature fool you! Sweet potatoes' nutritiousness is off the charts, making sweet potatoes a wholesome option for children, adults, diabetics and anyone interested in improving their health.

Today, sweet potatoes are used in cuisines all over the world as a satisfying and versatile vegetable with a well-earned reputation for being nutritious. Many people are surprised to find that the calories in sweet potatoes are surprisingly low. A medium sweet potato baked in its skin is only about 100 calories, making sweet potatoes an ideal food for weight management.

Some carbs may have a bad rep, but these taters are made of complex carbohydrates (a.k.a. energy) which are released at a steady pace for a constant source of vitality.

We all love the sugary, caramelized flavor of sweet potatoes, but the benefits of sweet potatoes are what make this spud spectacular! Behind their orange interior, sweet potatoes are chock full of nutrients.

BENEFITS OF SWEET POTATOES:

- **Vitamin A** A medium sweet potato has over four times the recommended daily amount of vitamin A which plays a vital role in vision, bone development and immune function. Vitamin A is a fat-soluble vitamin, so be sure to eat your sweet potato with a little bit of fat, like a pat of butter or a drizzle of olive oil, to maximize vitamin absorption.
- **Vitamin C** Like citrus, sweet potatoes are a good source of vitamin C, which helps fight infections, heal wounds and absorb iron. A medium sweet potato provides 37 percent of your daily recommended amount of vitamin C.
- **Manganese** Sweet potatoes are a good source of manganese, which helps maintain normal blood sugar levels and optimal thyroid function.
- **Fiber** Sweet potatoes are rich in fiber, a nutrient that bulks up food, keeping you full longer. Fiber also keeps your bowels healthy and lowers cholesterol. A medium sweet potato baked in its skin has 4 grams of fiber, more than a packet of instant oatmeal.*
- **Complex Carbohydrates** Sweet potatoes are made of complex carbohydrates (energy) that are released at a steady pace for a constant source of vitality, so no sugar highs or lows to worry about.
- **Antioxidants** Sweet potatoes are high in antioxidants compared to other vegetables. Antioxidants help reduce your risk of chronic diseases such as cancer and cardiovascular disease.
- **Low in Calories** A medium sweet potato (2 inches in diameter and 5 inches in length) baked in its skin is only 103 calories. It's the all-natural 100-calorie pack – managing your weight just got easier!

*Eating the sweet potato skin will lower the glycemic index and provide additional nutrients.



The following is the USDA's nutritional analysis of a medium sweet potato baked in its skin. For the complete analysis, visit the [USDA website](#).

NUTRITION FACTS	
Serving size: 1 medium sweet potato (114g) cooked, baked in skin, without salt	
Amount Per Serving	
Calories 103	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 40mg	4%
Total Carbohydrate 24g	7%
Dietary Fiber 4g	15%
<i>Trans Fat</i> 0g	
Vitamin A 438%	Vitamin C 37%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2000 calorie diet.	

