

sweetpotatoes

A Nutrient-Dense Food for Health & Wellness



Sweetpotatoes are a versatile and naturally nutrient-rich food and provide essential vitamins, minerals, and fiber that support overall well-being. Whether baked, roasted, mashed, or blended, sweetpotatoes can be part of a balanced eating pattern.

✓ Supports Normal Blood Pressure with Potassium

- One cup provides 950 mg of potassium, helping regulate fluids and maintain normal blood pressure.
- Rich in fiber, which supports digestion and heart health as part of a balanced diet.

✓ Supports Digestive Health

- A medium sweetpotato contains 4g of fiber, promoting regularity and gut health.
- Sweetpotatoes contain phytonutrients and fiber that support a healthy gut microbiome.

✓ Carbohydrates & Blood Sugar Balance

- Naturally occurring complex carbohydrates provide steady energy levels.
- Their glycemic response varies but can be part of a balanced diet.

✓ Supports Immune Function & Skin Health

- A medium sweetpotato provides over 100% of the daily value for vitamin A, supporting immunity and eye health.
- Contains vitamin C, which aids collagen production and iron absorption.

✓ Supports Physical Activity & Recovery

- Carbohydrates provide sustained energy for daily activities and exercise.
- A natural source of potassium, magnesium, and manganese to support muscle function & hydration.

INCORPORATING SWEETPOTATOES INTO A BALANCED DIET



BREAKFAST

Add to smoothies, oatmeal, or pancake batter for a naturally sweet start to the day.



LUNCH & DINNER

Roast or mash them for a side dish, grain bowl, or salad topping.



DESSERT

Use in muffins, baked goods, or puddings for natural sweetness.



SNACK

Enjoy baked sweetpotato fries, chips, or hummus.

For more recipes and nutrition resources, visit www.ncsweetpotatoes.com