

# 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](http://www.ncsweetpotatoes.com)