



**YAM
NEAR
PERFECT!**

**LOUISIANA
SWEET
POTATOES**
SweetPotato.org



THE PERFECT POTATO

At only 130 calories per medium sweet potato, this tasty spud is full of cancer-fighting beta-carotene and potassium (which could reduce your risk of stroke). In fact, the Center for Science in the Public Interest named the sweet potato number one in nutrition of all vegetables. But that's just the science behind the potato. The sweetest thing is, they're delicious, versatile, and an important part of a nutritional diet.



HEALTH BENEFITS

These golden tubers are winners when it comes to making your body happy and healthy. They are high in beta-carotene, known to help prevent some cancers—especially in women. And on top of that, they are full of vitamins that increase “good” cholesterol, maintain a healthy immune system, and even protect the body from cardiovascular disease.



NUTRITIONAL VALUE

Fiber, fiber, fiber. You need it. We got it. Counting carbs? Count sweet potatoes in. Low on the Glycemic Index, they help you feel fuller longer, which aids in maintaining a healthy diet. And on top of that, sweet potatoes are loaded in Vitamin C, Vitamin A and potassium to fill your body with the things you need in a yummy, yammy way. They are the total package for every diet, from infants to the elderly.

VERSATILITY

No matter the season, there's always a way to fit the sweet potato in your meals. Mashed, baked, roasted. pureed, boiled, or steamed—the options are endless. You can enjoy their natural sweet flavor in soups, curries or salads, or add seasonings to make them tangy, hot, spiced or herbed.