



sweet potato

Sweet potatoes owe their rich orange hue to beta-carotene, a phytonutrient that the body converts to vitamin A. Vitamin A is essential for healthy vision, skin and immune function.

DID YOU KNOW?

Cooking sweet potatoes in their skin helps better preserve their nutrient content.

Sweet potatoes are roots and white potatoes are tubers.

Although used interchangeably in the super market, sweet potatoes and yams are two different foods.

The brighter the color of the sweet potato, the higher the beta-carotene content.

Choose sweet potatoes that have smooth skin, with no cracks, soft spots or blemishes.

Before peeling or cutting sweet potatoes, make sure they are washed to remove any remaining dirt from the skin.

Uncooked sweet potatoes can be stored in a cool, dry place (not the refrigerator) for up to two weeks.

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