



Sweet Potatoes

Nutrition Facts:

- High in vitamin C = immune system health
- Good source of vitamin A = eye and vision health
- Good source of calcium = important for strong bones
- Excellent source of fiber = digestive health



Did you know?

Sweet potatoes can be grown all over the state of Arkansas. Each year, Arkansas farmers produce large numbers of sweet potatoes that are sold throughout the country. In 1977, around 1% of the sweet potatoes produced in the United States came from Arkansas. Though this percentage may seem small, this is the same percentage as Arkansas' percentage of the U.S. population.

