

**Locally
Grown
Produce of
the Month:**

**Sweet
Potatoes**

Try a Locally
Grown, Fresh,
Baked Sweet
Potato at lunch
on Thursday,
November 14.



“This institution is an equal opportunity provider and employer.”

Sweet Potatoes— From the Seed to the Table

Farmer Spotlight



A family
owned
farm in
Lyons, GA.

1. Sweet Potato Seedlings



2. Sweet Potato “slips”



3. Sweet Potato Patch



4. Sweet Potato Patch—In the Dirt



5. Sweet Potato Harvest



6. Sweet Potatoes — After Harvest



7. Sweet Potatoes — Washed and Ready to Bake!



Sweet Potatoes Are Loaded with Nutrients!

Sweet Potatoes contain the following:

Vitamin B6

Vitamin B6 helps your body digest the food you eat to produce energy.

Potassium

Potassium is needed to regulate fluid balance in your body and may help lower blood pressure.

Fiber

Fiber is a type of non-digestible carbohydrate. It helps you feel full, so it can help prevent overeating. It helps food move through your digestive system and may help lower cholesterol.

Sweet Potatoes Are Loaded with Nutrients!

Sweet Potatoes contain the following:

Vitamin C

Vitamin C works as an **antioxidant**, or a compound that protects your cells from damage. Vitamin C is also needed to form collagen, the material used to heal and repair cuts and wounds, and it helps your immune system function properly.

Beta-Carotene (precursor to Vitamin A)

Beta-carotene is also an **antioxidant** that protects your cells from damage. Beta-carotene turns into Vitamin A in your body. Vitamin A is needed for your eyes to produce vision, it helps maintain skin health, and plays a role in immune system functioning.

Sweet Potatoes – Nutrition Facts!

Nutrition Facts	
Serving Size: ½ cup baked sweet potato (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 36 mg	2%
Total Carbohydrate 21 g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

Only 90 calories;
fat, saturated fat, &
cholesterol free!

A Good Source
of Fiber!

An Excellent Source
of Vitamin A &
Vitamin C!

References: 1. Blake, *JS. Nutrition & You*. San Francisco: Pearson Education, Inc.; 2008. 2. USDA Nutrient data for 11508, Sweet potato, cooked, baked in skin, without salt. <http://ndb.nal.usda.gov/ndb>