

Sweet Potatoes

**The Nutritional
GOLD Standard
Among Vegetables**



A Powerhouse of Nutrition

Sweet Potatoes are:

- ◆ *bursting with* BETA CAROTENE (Vitamin A)
- ◆ *high in* VITAMIN C
- ◆ *a good source of* FIBER
- ◆ FAT-FREE
- ◆ CHOLESTEROL-FREE