

# 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