

Week Three:

Nutrition Strategy: Add in Sweet Potatoes

Why Sweet Potatoes?

- 8,800 IUs of Vitamin A
- Provides half your requirements of Vitamin C
- High in fiber (only if you eat the skin)
- Baked sweet potatoes make a nutritious, good-tasting portable snack

White vs. Sweet Potatoes

(100 grams – 1 small each)

	White Potato	Sweet Potato
Calories	93	90
Carbohydrates	21 gm	20.5 gm
Fiber	2.3 gm	3.5 gm
Sugar	1.3 gm	6.5 gm
Protein	2.3 gm	2 gm
Vitamin A	10 IU	19,206 IU (385%)
Vitamin C	10 mg	20 mg
Calcium	15 mg	25 mg
Potassium	533 mg	475 mg

There is more to life than baked sweet potatoes. For more ideas on how to prepare sweet potatoes, sign up to receive the recipes each week.