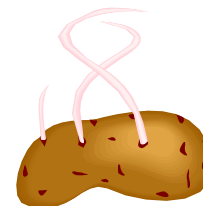


# February Sweet Potato Month



Did you know that...

- One cup of cooked sweet potatoes provides 30 mg Vitamin A. The orange color of sweet potato is what provides Vitamin A, which green vegetables like broccoli do not provide.
- Sweet potatoes are a great source of Vitamin E. Most Vitamin E rich foods, such as vegetable oils, nuts and avocados, are fat. But just 2/3 of cup of sweet potatoes gives you all the Vitamin E you need for one day without any fat!
- Sweet potatoes also provide many other essential nutrients, such as Vitamin B6, potassium and iron.
- Sweet potatoes are a good source of dietary fiber too! Fiber is important for healthy digestion, helps maintain regular bowel movements, and helps maintain blood sugar levels.

**Now you know! So why not try some sweet potatoes this month!**

Developed by Christina Persaud (2/04) with information from the North Carolina Sweet Potato Commission  
(<http://www.ncsweetpotatoes.com>)

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