



Happy Sweet Potato Month

February is more than Valentine's Day and Heart Month. It's also **Sweet Potato Month**.

Did you know?

A medium sweet potato provides more than 300% of the recommended daily allowance of **vitamin A**. Vitamin A helps in the health of eyes, bones and your immune system.

Sweet potatoes are also a good source of **vitamin B6**; research shows that extra vitamin B6 may relieve nausea or vomiting for some women during pregnancy. Breastfeeding women should aim for 2.0 mg of vitamin B6 per day.

Vitamin C is also found in high amounts in these flavorful orange foods. Like citrus foods, sweet potatoes and their vitamin C can help fight infections, heal wounds and absorb iron.

They contain **iron**; iron plays an important role during pregnancy by helping healthy blood cells reproduce and you need iron to make blood cells strong. Not having enough iron can make your child feel tired and listless and iron is vital in creating a healthy brain during younger years.

A medium sweet potato baked in its skin has 4 grams of **fiber**. Eating foods high in fiber helps keep your child feeling full longer, helps pregnant women reduce constipation and can help lower cholesterol levels.



Diabetic Friendly

Keep blood sugar in check.

Eating a sweet potato with its skin helps to release the energy at a steady pace, so there are no sugar highs or lows to worry about and the skins provide additional nutrients. Sweet potatoes can play a role in stabilizing or lowering blood sugar.