

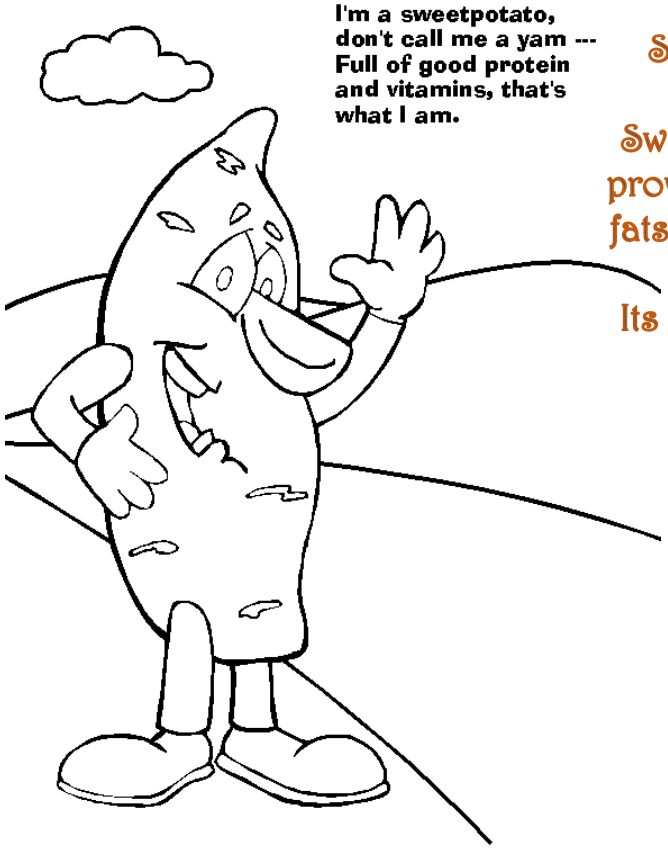
SWEET POTATOES



Worldwide, about 80 million tons of Sweet Potatoes are grown in China while North Carolina is the #1 Sweet Potato producer. Each year, with Africa producing about 14 million tons, Central and South America about 2 million, and the U.S. about 1 million tons. Within the U.S., over half of all commercially grown Sweet Potatoes come from the southern states (especially North Carolina).

Fun Fact: A famous scientist created over 100 products out of sweet potatoes – including glue for postage stamps!

NUTRITION INFORMATION



Sweet Potatoes are a superfood. They contain many vitamins including A, C, E and B-6.

Sweet Potatoes are one of the high calorie starch foods providing 90 to 70 calories/100 g. They have no saturated fats or cholesterol, and are a rich source of dietary fiber, anti-oxidants, vitamins, and minerals.

Its calorie content mainly comes from starch, a complex carbohydrate

Color me in and help me find my way through the maze!

