ALL ABOUT POTATOES

WHITE, YELLOW, PURPLE, RED POTATO

- Vitamin C
- Potassium
- Fiber
- Vitamin B6
- Manganese
- Magnesium
- Vitamin B3
- Phosphorus
- Folate

SWEET POTATO

- Vitamin C
- Potassium
- Fiber
- Vitamin B6
- Vitamin B3
- Manganese
- Copper
- Vitamin B5
- Vitamin A

*Enjoy with a healthy fat (such as avocado or olive oil) to activate the vitamin A
BENEFIT OF POTATOES

- May help manage blood sugar levels
- Promote digestive and gut health
- Reduce constipation and regulate bowel movements
- May help reduce blood pressure
- Promotes skin health
- Strengthens and supports the immune system
- May reduce the risk of certain cancers

BENEFIT OF SWEET POTATOES

- Supports vision health and function
- May help reduce blood pressure
- May reduce the risk of certain cancers
- Promotes digestive health and function
- Reduces constipation and promotes regular bowel movements
- Strengthens and supports the immune system
- Reduces inflammation in the body

Note: Potatoes can be enjoyed by everyone, including people with diabetes. Because of their high carb content, you should limit portion sizes to a fist-sized amount.
WAYS TO PREPARE POTATOES

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<th>Roasted or Baked</th>
<th>Microwave</th>
<th>Sauteed</th>
<th>Salad</th>
<th>Steamed</th>
<th>Soup or stew</th>
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