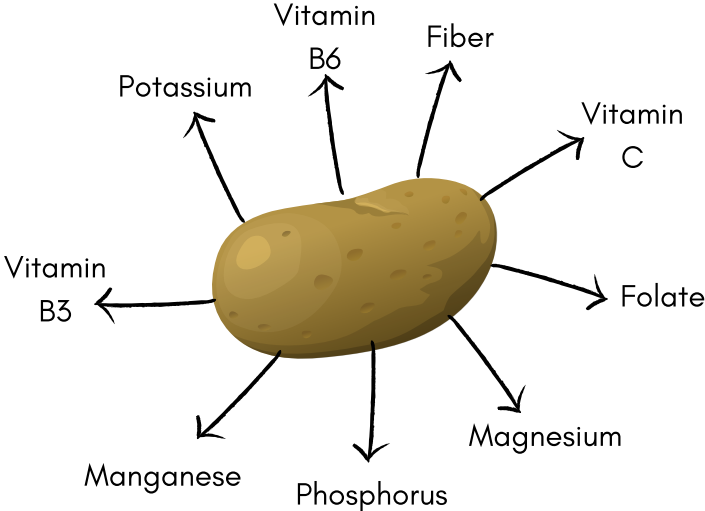
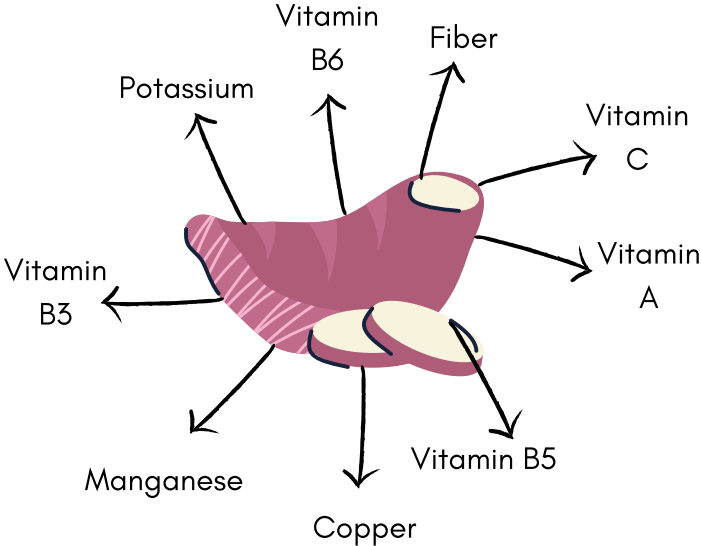


ALL ABOUT POTATOES

WHITE, YELLOW, PURPLE, RED POTATO



SWEET POTATO



**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



Roasted or Baked



Microwave



Sauteed



Salad



Steamed



Soup or stew

Russet



Yellow



Red



White



Petite



Purple



Fingerling



Sweet Potato

