

SNACKBITE



Sweet Potato

- North Carolina is the #1 producer of sweet potatoes in the United States. Almost 50 percent of sweet potatoes grown in the U.S. are grown in the state.
- Sometimes, sweet potatoes are called yams, but yams and sweet potatoes are not the same. Yams are typically grown in African and Caribbean countries. True yams are rare in the United States.
- Before becoming the first United States President, George Washington was a sweet potato farmer.
- Sweet Potatoes are packed with beta-carotene which our bodies turn into vitamin A. Vitamin A promotes normal vision, supports the growth and health of cells and tissue, protects us from infection and helps regulate the immune system.
- Sweet Potatoes are indeed sweeter because they have more sugar in them than other potatoes and get even sweeter if cooked!
- The manganese in this veggie plays an important role in forming bone and converting carbohydrates, proteins, and fat into energy.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.