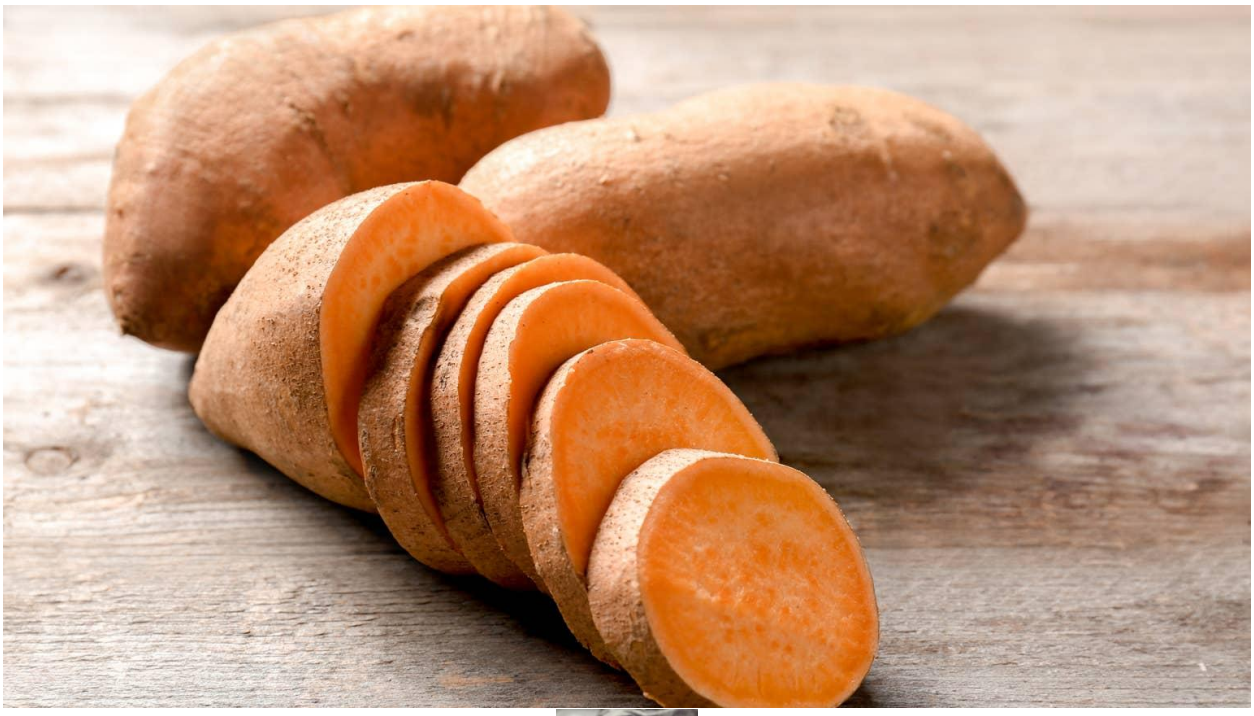
“WHEN PROJECT”
Weekly Health Education Program

1 Corinthians 10:31





November is Sweet Potato Month

Sweet potatoes are underground tubers that are excellent sources of beta carotene, as well as many other vitamins, minerals, and plant compounds.
This root vegetable may have several health benefits, such as improved blood sugar regulation and vitamin A levels.

There are two main types of sweet potatoes:

Dark-Skinned, Orange-Fleshed Sweet Potatoes
Compared to golden-skinned sweet potatoes, these are softer and sweeter with darker, copper-brown skin and bright orange flesh. They tend to be fluffy and moist are commonly found in the U.S.

Golden-Skinned, Pale-Fleshed Sweet Potatoes
This version is firmer with golden skin and light-yellow flesh. It tends to have a drier texture and is less sweet than dark-skinned sweet potatoes.
Sweet potatoes contain important vitamins like beta carotene, vitamin C, and potassium. They also contain fiber and can support a nutrient-rich diet. They can be eaten boiled, baked, steamed, or fried.
Sweet potatoes are usually orange but also found in other colors, such as white, red, pink, violet, yellow, and purple. Sweet potatoes may have a variety of benefits, including improved blood sugar regulation and reduced oxidative damage.
Sweet potatoes are composed of carbs. Most of the carbs come from starch, followed by fiber. This root vegetable is also relatively low in protein but still an important protein source in many developing countries. Sweet potatoes are healthier than regular potatoes. They have a lower GI, more fiber, and beta carotene.

Are sweet potato and yams the same?

“Sweet potato” and “yam” are often used interchangeably, but these are different vegetables. Sweet potatoes tend to be easier to find and are a bit more nutritious. Yams are starchier but still tasty and nourishing.

sweet potatoes are a very distinctive-looking tuber.
They are long and tapered with smooth skin that can vary in color, ranging from yellow, orange, red, brown, or purple to beige. Depending on the type, the flesh can range from white to orange to even purple.

Overall, sweet potatoes & yams are nutritious, cheap, fulfilling, and easy to incorporate into your diet.