



# Sweet Potatoes

Sweet potatoes are a starchy veggie with lots of uses.



## Nutrition

- Nutritionally, a medium sweet potato contains around 130 calories, 30g carbohydrates, and 5g fiber.
- They are a source of vitamins and minerals including vitamin A, folate, potassium, and magnesium.
- Unlike many veggies, sweet potatoes do have a significant amount of sodium, around 300mg per medium potato.
- On its own, sweet potatoes are not a significant source of fat or protein.



## Price

- Fresh sweet potatoes average \$1.05 per pound.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



## Shopping

- **Whole:** Look for whole sweet potatoes that are large and heavy. Avoid sweet potatoes that are wrinkled, have cracks, or have obvious soft spots or mold.
- **Processed (canned, frozen):** Many canned sweet potatoes are sold in syrup, which means added sugar. In the freezer section, find sweet potato fries and plain cubed sweet potatoes. Read the ingredient list to know what else besides sweet potatoes are in products.
- **Snacks:** Sweet potatoes are a popular food and ingredient. Find sweet potato chips and sweet potatoes mixed into crackers and other snacks. Take a look for how much added sodium and fat may be added to these snacks.



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## Storage

- Store whole sweet potatoes at room temperature in a dark, cool place. They may last up to a month.



## Eat

- Sweet potatoes work well in sweet and savory recipes. Visit [extension.illinois.edu](https://extension.illinois.edu) for a variety of recipes.



## Preparation

- Wash the outside of a fresh sweet potato to remove surface dirt and debris.
- While the skins are edible, they can have a bitter flavor.
- **Preserve at Home**
  - Visit the "National Center for Home Food Preservation" at [nchfp.uga.edu](https://nchfp.uga.edu) for instructions on canning, freezing, and drying sweet potatoes.



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