

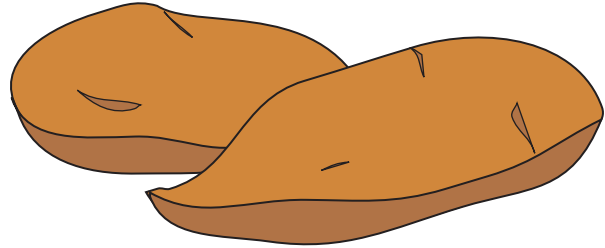


That's One Sweet Potato!

Sweet potatoes contain a lot of vitamin A, which is needed for strong bones, fighting infections, and good eyesight. In general, fruits and vegetables that are orange (like sweet potatoes and carrots) are a great source of vitamin A.

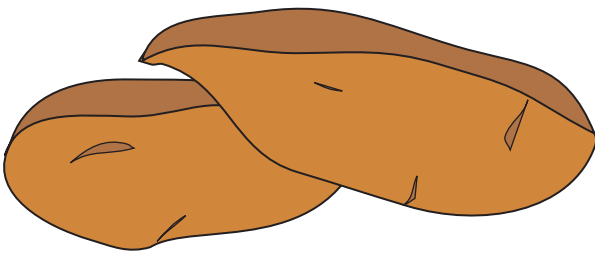
The sweet potato is very hardy and grows underground. It grows especially well in southern states, where the climate is warm.

Sweet potatoes are a sweet, delicious, and nutritious addition to many meals. Try some today!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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