



[ living  
healthy ]  
*Ingredient*

### Did You Know?

The leaves of the sweet potato plant are also edible.

# sweet potato

A native of Central America, the sweet potato is the root of a member of the morning glory family and is unrelated to both potatoes and yams.

High in vitamins A, B6, C, and E, the sweet potato is also a great source of magnesium, potassium, and copper. An extract of sweet potato has been shown to improve blood glucose levels and insulin sensitivity in people with Type 2 diabetes. Research also suggests that the high antioxidant levels in the sweet potato may help prevent cardiovascular disease and cancer.

Baking sliced rounds of sweet potatoes (with their skins on) with a little olive oil is a tasty way to prepare this tuber while retaining key nutrients. ●

SELECTED SOURCES *The Food Encyclopedia* by Jacques L. Rolland and Carol Sherman (\$49.95, Robert Rose, 2006) • *Superfoods: The Healthiest Foods on the Planet, 2nd edition* by Tonia Reinhard, MS, RD (\$24.95, Firefly Books, 2014)