Fun Facts About Sweet Potatoes!

- Sweet potatoes are Louisiana’s state vegetable.
- Although yams and sweet potatoes are two different vegetables, sweet potatoes are often called yams in Louisiana.
- Sweet potatoes are more nutritious when eaten with their skin.

Sweet Potatoes Are Nutritious and Good for You!

- Often called a “nutritional powerhouse.”
- Excellent source of vitamin A, vitamin C and manganese.
- Good source of vitamin B6, dietary fiber and potassium.