



As Fresh As *Fresh* Gets

Fat-free
Saturated fat-free
Very low sodium
Cholesterol-free
Good source of fiber
High in Vitamin A
High in Vitamin C

Sweet Potatoes

NUTRITION FACTS		% daily value*				
Serving Size: 1 medium, 5" long, 2" diam (130g) Amount Per Serving Calories 100 Calories from Fat 0	Total Fat	0g	0%	Vitamin A	120%	
	Saturated Fat	0g	0%	Vitamin C	30%	
	Cholesterol	0mg	0%	Calcium	4%	
	Sodium	70mg	3%	Iron	4%	
	Total Carbohydrate	23g	8%			
	Dietary Fiber	4g	20%			
	Sugars	7g				
	Protein	2g				
	* Percent Daily Values are based on a 2,000 calorie diet.					
	Source: Nutrition & Produce Labeling Guide					

