

# TEACHING TOOL DOWNLOAD

## February

### 5 WAYS SWEETPOTATOES CAN AID HEART HEALTH



1. **High in Potassium** – Sweetpotatoes are a great source of potassium, boasting about 950 mg per cup! Potassium is a very important mineral for heart health and can help lower blood pressure by helping the body manage and eliminate excess sodium and fluid. Potassium also helps regulate heart rhythms and muscle contractions.
2. **High in Fiber** – Sweetpotatoes are high in fiber, a nutrient that helps with digestion and fullness. Dietary fiber can also play a small role in helping to reduce cholesterol. Sweetpotatoes contain soluble and insoluble fiber, both of which play a role in overall health and well-being (1).
3. **May Promote Healthy Intestinal Health** – Test-tube studies have found that the antioxidant and prebiotic fiber content of purple sweetpotatoes may promote a healthy intestinal bacterial diversity (2, 3). Our gut health can affect our overall health, so promoting a healthy balance of bacteria in our intestinal tract can be very beneficial (4).
4. **No Added Sugars** – Sweetpotatoes are naturally sweet without the addition of added sugars, thanks to the enzymes involved in the breakdown of their carbohydrates. Different sweetpotato varieties have varying degrees of sweetness, and the temperature and time at which you cook them can affect their sweetness, too!
5. **Full of Antioxidants** – Sweetpotatoes are rich in antioxidants, compounds that reduce inflammation and can reduce the risk of chronic disease. A specific type of antioxidant, known as anthocyanins (found in purple sweetpotatoes), has been found to help protect against certain types of cancers, though more research is needed for human studies (5, 6).

#### Resources:

1. <https://www.ncbi.nlm.nih.gov/pubmed/9925120>
2. <https://www.ncbi.nlm.nih.gov/pubmed/29568082>
3. <https://www.ncbi.nlm.nih.gov/pubmed/26975278>
4. <http://www.eurekaselect.com/57967/article>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4609785/>
6. <https://www.ncbi.nlm.nih.gov/pubmed/23784800>

