

TEACHING TOOL DOWNLOAD

April

SWEETPOTATOES KEEP YOU ENERGIZED AND MOVING!



Whether you are an active athlete, a recreational athlete, or an occasional gym-goer, your body requires balanced nutrition to keep you performing efficiently and to aid in your recovery. This includes consuming macronutrients (carbohydrates, protein and fat) in addition to fluids, vitamins and minerals.

Sweetpotatoes contain a powerful mix of nutrients, as well as phytonutrients – plant compounds that are important for good health – all in a 103-calorie package that can help boost your performance and recovery.

Sweetpotatoes are made up of complex carbohydrates – long chains of sugar molecules. When eaten, carbohydrates break down into glucose (sugar), the body's main energy source. Glucose is the main source of fuel for your brain, central nervous system and muscles. That's why skipping out on carbohydrates can make you feel sluggish and affect your workouts.

Exercise increases the body's need for certain micronutrients. A balanced diet that includes an abundance of fruits and vegetables and the right mix of micronutrients can help ensure you are getting the nutrients you need. Research has shown that some of the vitamins and minerals found in sweetpotatoes are especially important in athletes' diets, including include iron and vitamin C (2,3).

One medium sweetpotato offers 4% of your recommended daily amount of iron, 35% of your Vitamin C daily needs, and more than meets your daily needs for Vitamin A.

Check out our abundance of sweetpotato recipes for inspiration for before or after your next workout! <http://bit.ly/39H4u7d>

Resources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4294436/>
2. <https://www.ncbi.nlm.nih.gov/pubmed/18923182/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/26920240>



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