

The Harvest of the Month for December:

# SWEET POTATOES



Sweet potatoes are a smart choice because they are:

A GOOD SOURCE OF **VITAMIN A**

A GOOD SOURCE OF **FIBER**

HAS A LOWER **GLYCEMIC INDEX** THAN A  
NORMAL POTATO

## DID YOU KNOW:

The **glycemic index** tells you how much a certain amount of food impacts your blood sugar.

The **fiber** in sweet potatoes helps to prevent a spike in blood sugar after eating.



From Wisconsin Growers in  
western WI (100 miles from  
St. Paul)