SWEET POTATOES

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view recipes and additional information, go to: www.wellspan.org/marketbasket

WORD SCRAMBLE
Unscramble the letters to figure out different ways to eat sweet potatoes!

DKEAB _______________________
ISEFR _______________________
EPI _________________________
CAIDDEN _____________________
TTAER OTTS ___________________
SDMEAH _______________________

Answers: BAKED, FRIES, PIE, CANDIED, TATER TOTS, MASHED

FUN FACT: George Washington, the first president of the United States, grew sweet potatoes at his home in Virginia!

Nutrition Facts
Serving Size: 1/2 cup baked sweet potatoes (100g)
Calories 90  Calories from Fat 0
% Daily Value
Total Fat 0g  0%
Saturated Fat 0g  0%
Trans Fat 0g  0%
Cholesterol 0mg  0%
Sodium 38mg  2%
Total Carbohydrate 21g  7%
Dietary Fiber 3g  13%
Sugars 6g  8%
Protein 2g  2%