



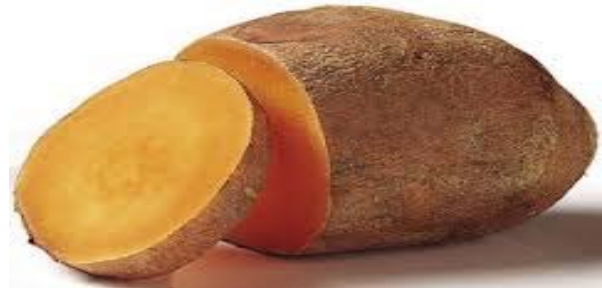
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Volume 4 Issue 3

NUTRITION AND YOU...SWEET POTATOES

FOOD FOR THOUGHT

Sweet potatoes are one of the most nutritious foods from the vegetable group. The dark orange potatoes are sweeter than the yellow variety. Store sweet potatoes in a cool, dark place, not the refrigerator. They can be baked, broiled, fried, grilled, microwaved, roasted or steamed. Sweet potatoes keep most of their nutrients when cooked in their skin.



SHOP SMART

In Ohio, locally grown sweet potatoes are available from September to December and in April and May. Sweet potatoes can be purchased year round.

Note: 1 large sweet potato provides 1 cup of your daily vegetable requirement

EAT HEALTHY

Sweet Potatoes are:

- Low in calories
- High in Vitamins A and C
- Fat free
- High in dietary fiber with skin
- Cholesterol free
- Low in sodium
- A good source of potassium

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with hot water (as hot as you can stand) and soap before and after preparing food.
- Wash sweet potatoes under cold running water before peeling or cutting them.
- Cut away damaged or bruised areas. Discard sweet potatoes that look spoiled.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

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RECIPE

Sweet Potato Patties

Ingredients:

- 3 sweet potatoes
- 1 cup crushed dry bread crumbs
- 1 Tablespoon vegetable oil

Instructions:

1. Wash the sweet potatoes.
2. Cook the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.

Nutrition Facts: Sweet Potato Patties

Cost Per Recipe: \$ 1.60 Per Serving: \$ 0.26
Serving Size: 1 patty (1/6 of recipe)
Calories: 150 Calories from Fat: 30

| Per Serving | % Daily Value | |
|---------------------|---------------|---|
| Total Fat – 3.5 g | 5% | *Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |
| Saturated Fat – 0 g | 0% | |
| Dietary Fiber – 3 g | 12% | |
| Sodium – 170 mg | 7% | |
| Sugars – 4 g | | |
| Protein – 3 g | | |

Note: For variety, add some finely chopped apple to the mashed sweet potatoes before shaping them into patties.

9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

FOCUS ON FITNESS

Fun activities can be anything you and your family enjoy. They may range from team sports, individual sports, or recreational activities such as walking, running, skating, bicycling, swimming, playground activities, and free-time play. Have you heard the phrase “Go take a hike?” Why not make it a family activity? Any time of the year is great for a hike in the woods. Many state parks have walking trails to enjoy. State parks may have planned nature hikes on weekends.

For more information about activities in Ohio go to: www.dnr.state.oh.us/parks



REMEMBER:

Use MyPlate to select a variety of foods for the family.

REFERENCES

- The Recipe Finder. SNAP-Ed Connection recipefinder.nal.usda.gov/
- United States Department of Agriculture, ChooseMyPlate choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

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