

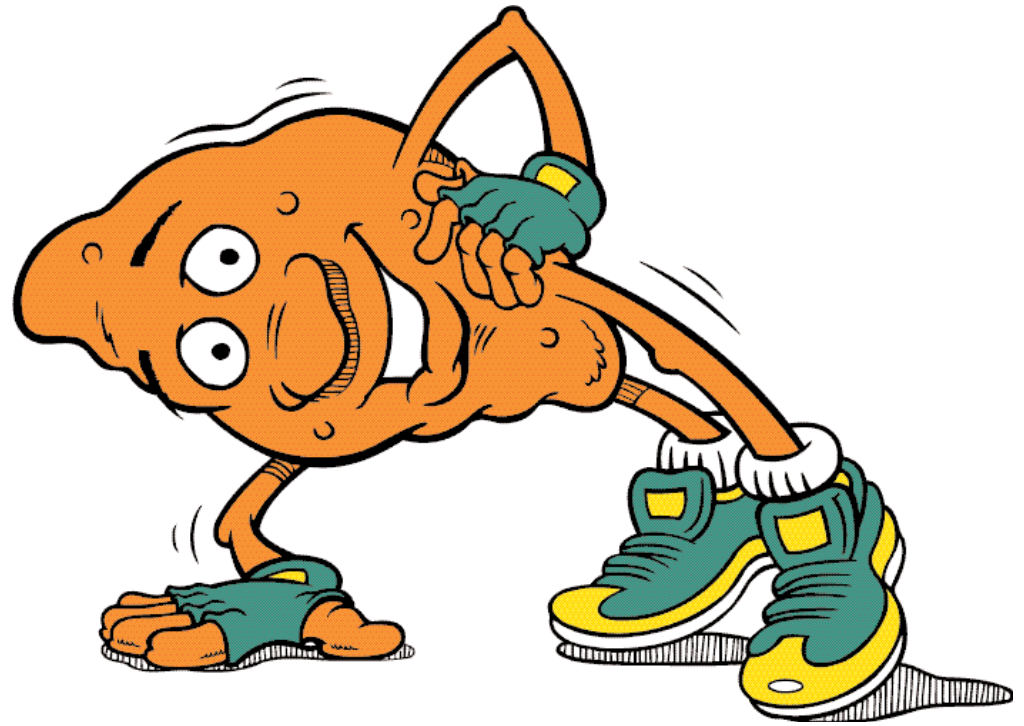
THE SUPER SWEET POTATO

Why eat sweet potatoes?

- Loaded with vitamins and minerals
- Good source of fiber
- High in antioxidants
- Fat free

What does that mean for me?

- Better vision
- Healthier skin
- Stronger bones
- Less sickness
- Better muscle function
- Healthier hearts
- Less tummy aches



**TRY SWEET POTATO FRIES
DURING LUNCH TODAY!**

Sources: Pennsylvania Nutrition Education Network, National Institute of Health Medline Plus,
University of Maryland Medical Center, North Carolina Sweet Potato Commission

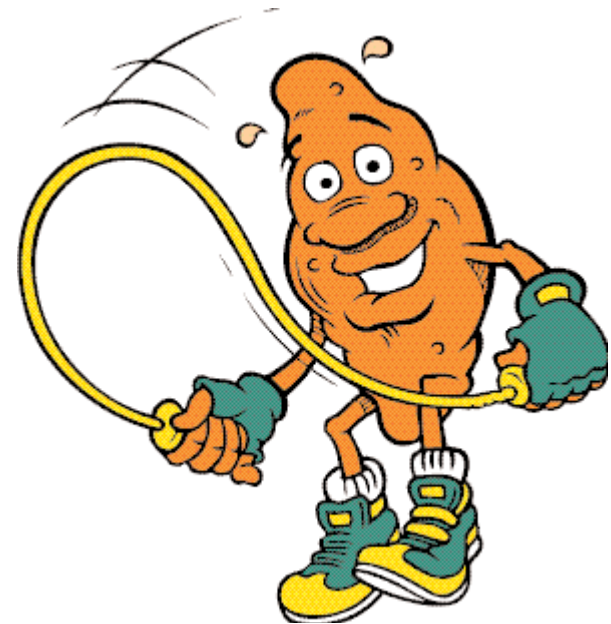
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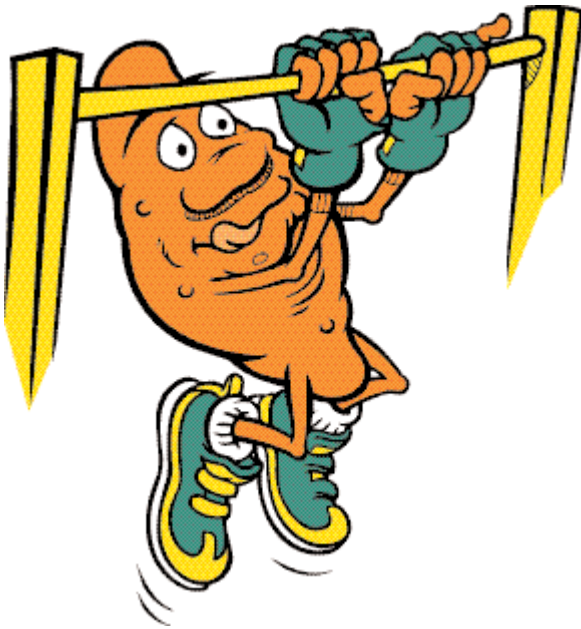
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