

TIP OF THE WEEK



Eat Sweet Potatoes

Not only are they readily available, inexpensive, and delicious, they also have many benefits for your health. Here are a few of the nutrients they contain:

Vitamin B6, which can reduce risk of heart attack

Vitamin C, that wards off cold and flu

Vitamin D, which plays an important role in energy levels, mood, and strong bones

Iron, assisting in energy, stress resistance, and immune function

Magnesium, the relaxation and anti-stress mineral

Potassium, an electrolyte that regulates heartbeat and nerve signals

Beta carotene, which protects against cancer and the effects of aging


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