



2ND HELPING

Just a Little More Help from **United Way Meals on Wheels**

April 2024

Power-Packed Potatoes

Sweet Potatoes Are Tops among Tubers for Essential Nutrients

Who says sweets aren't good for you? Sweet potatoes are naturally sweet and extremely healthy! They're a great source of all kinds of antioxidants as well as vitamins and minerals, including vitamin A, vitamin C, potassium, fiber and zinc. Here's a quick rundown of their many potential health benefits.

▪ **Good for Digestion**

The dietary fiber in sweet potatoes has been found to act as a prebiotic that helps stimulate healthy gut bacteria and improve digestion and overall health.

▪ **Good for Immunity**

Sweet potatoes are loaded with plant compounds called phytochemicals that help your immune system protect the body from illness and infection.

▪ **Good for Cancer Prevention**

Purple sweet potatoes contain antioxidants that have been found to reduce damage to cells caused by free radicals, and thereby help guard against breast, gastric and glandular cancer.

▪ **Good for Your Eyes**

There are antioxidants in sweet potatoes called polyphenolic compounds that protect eye and retinal health, reduce inflammation and may help prevent dry eye syndrome.

▪ **Good for Your Brain**

While not yet proven in humans, studies on animals have found that the antioxidants in sweet potatoes can enhance memory and may even reverse some memory impairment.

▪ **Good for Reducing Inflammation**

Sweet potatoes can help guard against rheumatoid arthritis, depression, cancer, heart disease, high blood pressure, asthma, Type 2 diabetes, various bowel diseases and Parkinson disease.

▪ **Good for Your Heart**

The fiber in sweet potatoes can help reduce the risk of cardiovascular disease by inhibiting the formation cholesterol. So enjoy this "superfood" as a super-healthy addition to most diets!

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: verywellhealth.com

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

___\$10 ___\$25 ___\$50 ___\$100 ___Other \$___

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Telephone _____



P.O. Box 320189
Birmingham, AL 35232-0189
205.592.0413

You may also donate online at www.mowjeffco.org/give.

CSH-04/24