Sweet Potatoes

Choosing:
- Choose sweet potatoes that are firm and have no cracks or soft spots.

Storing:
- Place your sweet potatoes in a cool, dark and well ventilated space, like a pantry, where they can keep for up to 10 days.
- Make sure not to store with onions.

4 simple cooking methods:
- Bake: Poke skin around the potato with a fork. Place on a baking sheet and bake at 400 °F for 15 minutes, followed by 45-60 minutes more at 375 °F.
- Roast: Leaving the skin on, cut sweet potato into wedges or slices. Toss with olive oil and seasonings. Place on a baking sheet to roast at 375 °F for 25-30 minutes.
- Microwave: Wrap in a damp paper or cloth towel. Cook on HIGH for 5-9 minutes depending on the size of the potato.
- Grill: Peel and slice lengthwise into 1/2 inch thick slices. Grill until browned, about 4 minutes each side.

- Note: To check if sweet potatoes are done, put on an oven mitt and gently squeeze. They are done when they feel soft.

Type 2 Diabetes

- According to the American Diabetes Association, Type 2 is the most common form of diabetes in adults.
- With Type 2 diabetes, insulin the body makes does not work as well. When this happens it is called insulin resistance.
- Weight and physical activity can be factors in the development of Type 2 diabetes, but genetics play a role also.
- Some people may be able to control their Type 2 diabetes by eating right and exercise. Be sure to talk to your doctor regularly about your diet and physical activity.
- Being diagnosed with Type 2 diabetes can be overwhelming and scary. Check out www.diabetes.org for support. Ask your doctor for other available resources to help you live well with diabetes.

Know your ‘toes

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Oven Sweet Potato Fries

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (69g)</th>
<th>Servings Per Container</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Calories 90</td>
<td>Calories from Fat 30</td>
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<table>
<thead>
<tr>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 330mg</td>
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<tr>
<td>Total Carbohydrate 13g</td>
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<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 3g</td>
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<tr>
<td>Protein 1g</td>
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**Ingredients:**
- 2 large sweet potatoes
- 1 Tbsp olive oil
- ½ tsp salt

**Instructions:**
1. Preheat oven to 425°F.
2. Cut potatoes into 1x3 inch slices.
3. Place sweet potatoes and vegetable oil in a large bowl and toss lightly.
4. Add spices as desired.
5. Arrange in a single layer on a baking sheet.
6. Bake until tender and golden brown, about 18-24 minutes.
7. Enjoy!

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**Yield:** 4 servings  
**Serving size:** 6-8 wedges

**Make it fun:**  
Try adding different spices before baking!  
Great options to try are pepper, paprika, garlic powder or cinnamon

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**Brain Break**

**Grow Your Own**

- You can leave your sweet potatoes whole or cut them in half.
- Place each in a jar or glass and use pins or toothpicks to keep them above the bottom.
- Fill with water, making sure that at least half of the potato is out of the water.
- Place your potato somewhere warm. The windowsill is ideal. Within a few days, you will see roots start to bud. After a week or two, shoots and leaves emerge. These are your slips.
- Once a slip grows to at least 3.5 inches in length, carefully remove it from the potato by pinching and twisting at its base. You can continuously pick off slips for months.
- Place slips in a jar of water to develop roots.
- Once the slips have a good set of roots, they are ready to plant.
- Choose a sunny spot in the garden where your sweet potato vine will have plenty of space to spread.

*Activity found at littleecofootprints.com*