

Insider Look

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.

Wrap the sweet potato in a damp paper or cloth towel. Cook on HIGH for 5-9 minutes.

Tips

Know your 'toes

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.



Sweet Potatoes



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Oven Sweet Potato Fries



Nutrition Facts	
Serving Size (69g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 180%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Yield: 4 servings
 Serving size: 6-8 wedges

Ingredients:
 2 large sweet potatoes
 1 Tbsp olive oil
 ½ tsp salt

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

- 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!

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

Rainbow Fruits and Veggies

Color the picture by number!

