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

LivingWell
make it a priority
The University of Texas System

www.livingwell.utsystem.edu