



## is for Sweet Potatoes

### Produce Tips

- Choose firm, dry, smooth sweet potatoes.
- Store sweet potatoes in a regular shelf. The core will become hard if you store in refrigerator.
- Do not wash sweet potatoes until you are ready to cook them.

### Nutrition Facts

Serving Size: 1 cup, cubes (133g)

Calories 114      Calories from Fat 1  
% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 73mg      3%

Total Carbohydrate 27g      1%

Dietary Fiber 4g      16%

Sugars 8g

Protein 2g

Vitamin A 377%      Calcium 4%

Vitamin C 5%      Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Recipe

### APPLE GLAZED SWEET POTATOES

Makes 4 adult servings at ½ cups each

#### Ingredients

- 2½ cups unsweetened 100% apple juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

#### Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Lower heat and cook potatoes, stirring occasionally, for about 20 to 25 minutes or until potatoes are tender.
4. Serve while hot.

#### Nutrition Information Per Serving:

Calories 208, Carbohydrates 60 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 200 mg, Dietary Fiber 5 g

#### Adapted from:

Everyday Healthy Meals, <http://cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>



For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

## What Should Parents Know About Children?

Focus on teaching children to eat healthfully, rather than on weight or personal appearance.

- A good table rule while eating is to talk about positive things.
- Children like to be praised for making good food choices.
- Serve small amounts of food that are right for their age.
- Do not restrict certain foods from your child, while making it available to others.



## Family Activity

Keep your family active during the Winter Season.

- Praise the family for keeping active and full of energy.
- Allow your child to walk backwards, running in opposite directions, climbing, and twisting.
- Walk the dog with your child.
- Walk with your child to the store.