



A Symphony of Sweet Potato Nutrition

Gray Crawford [00:00:00] We are here at the VegU-cation tent in the Agriculture Department Farmers market right here on the Mall in Washington D.C. The folks here, at VegU, have spared no expense to provide us with music to celebrate our spotlighted food today, sweet potato. So, maestro, GO RIGHT AHEAD.

Voice Over of teacher and students singing [00:00:20] Dig, dig, dig those sweet potatoes. Dig em' up, eat em' up, yum, yum, yum...

Gray Crawford [00:00:30] Okay, spared no expense. Yes. Well that was different. Just like the idea of having sweet potatoes in the heat of the summer here. But that is what our VegU guest VegU-cators are advocating. First, we have Sylvia Clark with the Mississippi Sweet Potato Council.

Sylvia Clark [00:00:42] Anything that you can grate a carrot up into, or put it in any manner into a dish, you can substitute sweet potato for that.

Kelly Mciver [00:00:50] People will put it in anything and we're just fine with that.

Gray Crawford [00:00:53] That's our other guest VegU-cator, Kelly Mciver with the North Carolina Sweet Potato Commission. Both of you try to take sweet potatoes I guess beyond just being the winter holiday type food. How is that working out?

Kelly Mciver [00:01:05] Consumption is on the rise. Everybody is looking for healthier options.

Sylvia Clark [00:01:09] And I think if people really knew how good and how nutritious a sweet potato is, they would put it in their diet at least twice a week.

Gray Crawford [00:01:16] Oh OK. So, Sylvia this is the VegU-cation tent. So, go ahead, VegU-cate us on the sweet potato's nutritional aspects.

Sylvia Clark [00:01:24] Well it's got vitamin A which is very good for you. It's got fiber and it has got beta carotene. A lot of docs recommend sweet potatoes because of the south beach diet, the low carb diet. Weight Watchers has promoted sweet potatoes. Then if you're a diabetic you can eat sweet potatoes, which seems totally wrong, but it's true.

Gray Crawford [00:01:42] Most people think, oh sweet potatoes, that mean sweet, that means sugar, that means a lot of calories. What about?

Sylvia Clark [00:01:47] One baked sweet potato has about one hundred and twenty calories and so if you don't put a lot of butter and sugar on it. So, I tell everybody, first of all taste your sweet potato before you add anything to it, and you might not have to add anything. But you certainly go low. A lot of our recipes I tell people to try with a half a cup of sugar because for a cup, maybe you like it like that, next time try it with a fourth a cup of sugar. You might not need all that sugar. So, you know you have to experiment and see just what your taste buds will accept.

Gray Crawford [00:02:16] Okay, speaking of experiment, you and Kelly are making a little summer treat for people here at the Farmers market, spice Curry dip.

Sylvia Clark [00:02:23] We serve it with raw sweet potatoes, or you can serve it with a sweet potato chip, but it's a very simple little recipe. It's just mayonnaise and ketchup and a couple of seasoning was you add yourselves and then you put spice curry in there as much or as little as you like. So, an aroused sweet potato, it really tastes good.

Gray Crawford [00:02:45] Just dip it in there and eat away. Now for the complete recipe for this spice curry dip and a lot of others to go online to [sweet potatoUSA.org](http://sweetpotatoUSA.org), [sweet potatoUSA.org](http://sweetpotatoUSA.org). In Washington, Gary Crawford, reporting for the U.S. Department of Agriculture.