

SWEET POTATOES FROM THE USA



American Sweet Potato

A NATURAL
BRAIN FOOD



THE RIGHT FOOD ...

... not only strengthens the body, but also supports key functions of the brain. This includes the ability to concentrate, general cognitive activity, and the capacity of remembering. All these aspects can be positively influenced by a balanced diet.

Foods with a wide range and high density of key nutrients are therefore often referred to as brain food. Carbohydrates play a particularly important role, however, micronutrients such as vitamin B, iron, and magnesium are just as essential for our cognitive performance. According to the World Health Organization, an adequate intake of these nutrients can significantly improve the brain's performance.



SWEET POTATO WHAT'S INSIDE

100 g contain:

- Calories: 90 kcal
- Fat: 0 g
- Carbohydrates: 23 g
- Beta-carotene: 8,5 mg
- Potassium: 337 mg
- Vitamine C: 30 mg
- Vitamine E: 0,26 mg

THE HUMAN BODY CONVERTS
BETA-CAROTENE INTO VITAMIN A
WHICH CAN SUPPORT PROTECTION
AND RECOVERY OF OUR CELLS.



AMERICAN POWER VEGGIE

The American sweet potato can be considered as such a brain food, because of its high vitamin C and beta-carotene content. Both help the body effectively to protect cells from stress. The American vegetable is also rich in potassium, which

can help with the transmission of signals from one nerve to the next. The high levels of complex carbohydrates in the orange super tuber also make it an ideal source of energy for the brain.



SWEET POTATO SMOOTHIE BOWL

The sweetness of the American root vegetable makes this smoothie bowl just irresistible - ideal for a delicious start to the day!



SWEET POTATO GINGER SHOT

Need a vitamin boost?
This sweet potato and ginger shot provides a long-lasting energy kick!



YUMMY

A close-up photograph of a sweet potato eggs benedict. The dish consists of a slice of roasted sweet potato topped with a piece of wild salmon, a soft poached egg, and a drizzle of hollandaise sauce. It is garnished with fresh dill and cherry tomatoes. The background shows more ingredients like sweet potatoes and tomatoes.

SWEET POTATO EGGS BENEDICT

This mouthwatering combination of American sweet potato, wild salmon, and soft poached egg is ready in a flash and lifts any breakfast to the next level.

A photograph of a bowl of sweet potato mushroom risotto. The risotto is a vibrant orange color, topped with sautéed mushrooms and fresh thyme. The bowl is set on a light-colored surface with a green napkin and some fresh thyme sprigs scattered around.

SWEET POTATO MUSHROOM RISOTTO

This creamy risotto is as good as you can imagine as sweet potatoes and mushrooms are just an unbeatable combination.



For more interesting facts
about the orange tuber
and lots of delicious recipes, visit
www.sweetpotatoes.eu



ABOUT THE AMERICAN SWEET POTATO MARKETING INSTITUTE

ASPMI is a non-profit organization that represents the interests of American sweet potato farmers. ASPMI educates European consumers about the American sweet potato through generic marketing campaigns in the United Kingdom, Germany, France and the Benelux countries.



American Sweet Potato

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