



Why And How To Eat Sweet Potatoes In Pregnancy

Health Benefits



Its vitamin A content supports healthy fetal growth

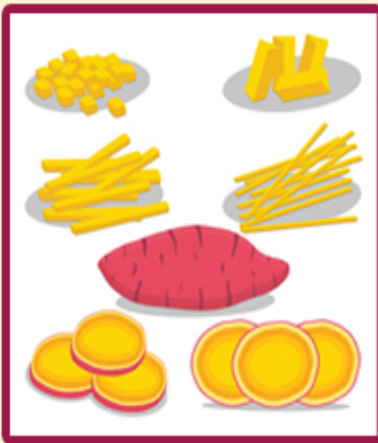


Its potassium content help in regulating fluid balance and blood pressure



Its low glycaemic index regulates blood sugar levels

Sweet potato in your diet



Bake thinly sliced sweet potatoes into healthy chips with a bit of salt and pepper



Grill boiled sweet potatoes with some safe herbs and olive oil



Include half-baked sweet potatoes in your salads