



Sweet Potato Quick Facts

2008

Top 8 Sweet Potato-Producing States

(Acreage)

North Carolina	47,000
Mississippi	20,000
Louisiana	15,000
California	14,800
Alabama	2,600
Arkansas	2,500
Texas	1,700
New Jersey	1,200

DID YOU KNOW?

Sweet potatoes are **fat-free** and **cholesterol-free**

Have only 130 calories per serving

Are a **good source of fiber** – 3.9 grams

Are, per serving (one medium potato), an excellent source of:

Vitamin A – 7860 IU

Vitamin C – 29.51 mg

Potassium – 265.2 mg

Folate – 18.2 mg

Calcium – 28.6 mg

Product Diversity

In addition to fresh-baked or microwaved sweet potatoes, look for these delicious and nutritious value-added sweet potato products:

- Sweet potato fries
- Sweet potato chips
- Canned sweet potatoes
- Sweet potato baby food
- Sweet potato cookies, pancakes and biscuits
- Dehydrated sweet potato flakes
- Readymade sweet potato casseroles
- Steamed and mashed sweet potatoes
- Sweet potato in fruit juices
- Sweet potato dog food and pet treats
- Sweet potato ice cream

2008

U. S. Sweet Potato Production

Planted: 103,200 acres

Production: 1.8 billion lb

Value of Production:
\$394 million

Average Yield:
19,000 lb/A or
380 50-lb bushels/A

Average Farm Price:
\$21.50 per 100 lb

Sweet potatoes... a year-round nutritious, sweet treat. Who knew healthy could taste so good?



Per-capita Consumption

U.S. sweet potato consumption has increased from 3.8 to 5.2 lb per person, or more than 25%, from 1998 to 2008.

Author: Tara P. Smith,
Sweet Potato Extension Specialist, LSU AgCenter

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Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David J. Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

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