

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?



Nutrition Facts	
Serving Size 1 medium sweet potato	
Amount Per Serving	Calories from Fat 0
	% Daily Value*
Calories 130	0%
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0mg	0%
Cholesterol 0mg	0%
Sodium 72mg	14%
Total Carbohydrate 41g	16%
Dietary Fiber 3.9 g	
Sugars 13g	
Protein 4g	
Vitamin A 7860 IU • Vitamin C 29.51 mg	0.79 mg
Calcium 28.6 mg • Iron 18.2 mg	
Potassium 265.2 mg • Folate	

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.
Source: USDA/NARS National Agricultural Library



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.

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