

Sweet Potato

Quick Facts

2017 Top Producing States (Acreage):

State	Acreage
North Carolina	83,000
Mississippi	30,000
California	19,000
Louisiana	10,000
Florida	5,400
Arkansas	5,000
Alabama	2,500

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:

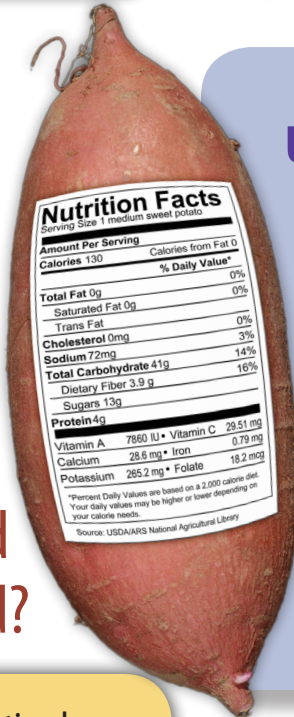
Vitamin A – 7860 IU
 Vitamin C – 29.51 mg
 Potassium – 265.2 mg
 Folate – 18.2 mg
 Calcium – 28.6 mg

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
- Ready made sweet potato casseroles
- Steamed and mashed sweet potatoes
- Sweet potato in fruit juices
- Sweet potato dog food and pet treats
- Sweet potato ice cream

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



2017 U.S. Sweet Potato Production

Planted: 151,400

Production:
3.1 Billion pounds

Value of Production:
\$706 Million

Average Yield (National):
19,300 pounds per acre or
386 50-pound bushels
per acre



Per capita consumption has increased from 4.2 to 7.5 pounds per person, or approximately 79 percent from 2000 to 2015.

Author:

Tara P. Smith, Professor
Sweet Potato Research Station

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