

Cleveland Clinic

HealthHub Knockout



WHITE POTATOES VS. SWEET POTATOES

Nothing beats fiber when it comes to digestive health. Fiber helps prevent colorectal cancer, keeps you regular and leaves you feeling full between meals. Potatoes are a fabulous source of fiber and nutrients — especially if you eat the skin. This Super Spud Knockout pits the white potato against the sweet potato — baked in the skin without butter or margarine — to determine the digestive health champ!



ROUND 1: POINTS AWARDED

3 g	FIBER	4 g
3 g	PROTEIN	2 g
A (14 IU) C (17.4 mg) B6 (0.3 mg)	VITAMINS	A (22,000 IU) C (22 mg) B6 (0.3 mg)
Potassium (750 mg) Magnesium (37 mg) Iron (1 mg)	MINERALS	Potassium (542 mg) Calcium (43 mg) Magnesium (31 mg) Manganese (0.57 mg)
0 g	FAT	0 g



WHAT VITAMINS ARE GOOD FOR:

- **Vitamin A:** Eye health
- **Vitamin C:** Immune system
- **Vitamin B6:** Metabolism & nervous system

The antioxidants in vitamins A and C and manganese guard cells against carcinogens and toxins.



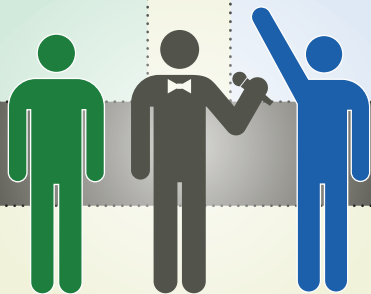
WHAT MINERALS ARE GOOD FOR:

- **Potassium & Magnesium:** Blood Pressure
- **Iron:** Blood cells
- **Calcium & Magnesium:** Healthy bones
- **Manganese:** Wound healing & metabolism

ROUND 2: POINTS DEDUCTED

130	CALORIES	90
29 g	CARBS	24 g
2 g	SUGAR	7 g

JUDGE'S DECISION:



KNOCKOUT!



SWEET POTATOES WIN!

Both spuds pack a powerful nutritional punch. Yet sweet potatoes provide 400% of your daily requirement of vitamin A. They also have more vitamin C, fewer calories, more fiber and fewer total carbs than white potatoes, despite more sugar. But don't forget white potatoes — they're more versatile in cooking and less expensive.

Where's the fiber?

Fiber is found in both the skin and the guts of the potato. Insoluble fiber in the skin provides roughage. Soluble fiber in the guts slows digestion and helps manage weight.

Go for colorful spuds.

Try eating red or purple potatoes with the skins. They cost more but provide an extra burst of nutrients. Red and purple veggies typically contain more antioxidants.

BONUS POINTS

A fry by any other name is just as fatty.

Sweet potato fries may have more vitamin A than regular fries. "Natural cut" french fries may have more fiber. But their high fat content wipes out any nutritional gains, so treat them as a "healthier" indulgence.

We're not talking yams here.

Yams are cousins of the sweet potato, from a different plant family. Sweet potatoes have far more nutrients. Both sweet potatoes and yams come in a variety of colors, so look for the sweet potato label at the grocery store.