Fat-free
Saturated fat-free
Very low sodium
Cholesterol-free
Good source of fiber
High in Vitamin A
High in Vitamin C

Sweet Potatoes

<table>
<thead>
<tr>
<th>NUTRITION FACTS</th>
<th>% daily value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 medium, 5&quot; long, 2&quot; diam (130g)</td>
<td></td>
</tr>
<tr>
<td>Amount Per Serving Calories         100</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat                   0</td>
<td></td>
</tr>
<tr>
<td>Total Fat                           0g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat                       0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol                         0mg</td>
<td></td>
</tr>
<tr>
<td>Sodium                              70mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate                  23g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber                       4g</td>
<td></td>
</tr>
<tr>
<td>Sugars                              7g</td>
<td></td>
</tr>
<tr>
<td>Protein                             2g</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet.

Source: Nutrition & Produce Labeling Guide