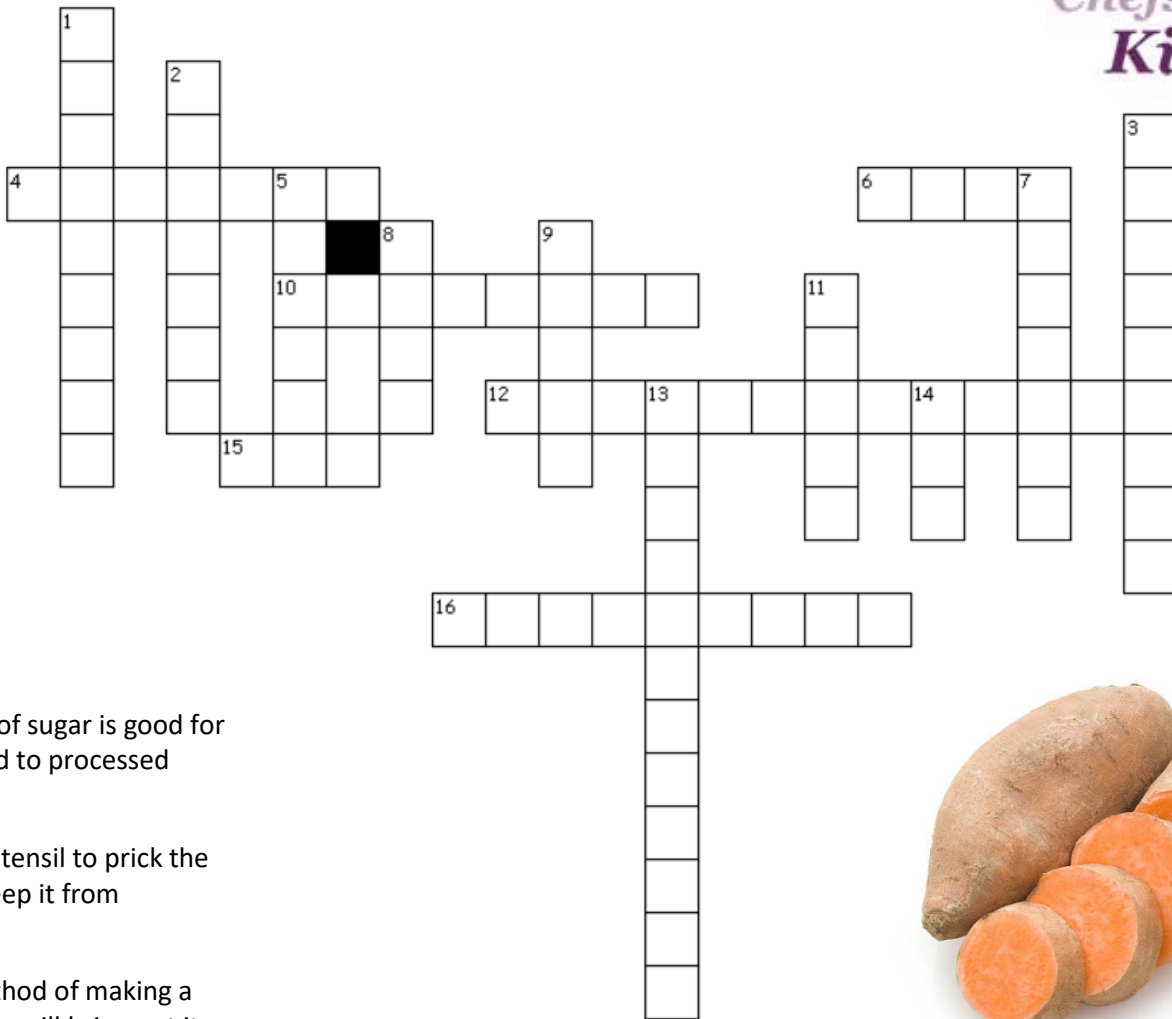


# SWEET POTATOES



**Across**

4. This kind of sugar is good for us compared to processed sugars.

6. Use this utensil to prick the potato to keep it from exploding.

10. This method of making a sweet potato will bring out its natural sweetness.

12. This is claimed as helping protect against colon cancer in young men.

15. Sweet Potatoes and this are often used interchangeably.

16. Using this, also known as Chef Mike, is the fastest way to prepare sweet potatoes.

**Down**

1. Another blood pressure lowering nutrient is found in one medium sweet potato.

2. These show that sweet potatoes are very good for us.

3. ... helps us fight against all kinds of sicknesses.

5. Slaves from here calling Sweet Potatoes "yams" because they resembled a familiar native vegetable.

7. Too much potassium can be harmful and keeps this organ working too hard.

8. Low sodium intake is important to lowering blood pressure.

9. Studies show that people who eat lots of this have lower blood glucose levels.

11. These kinds of foods help boost our immune system.

13. Like vitamins C and E in sweet potatoes help eyes.

14. How many medium sweet potatoes, with skin on provide(s) about 6 grams fiber.



*16 of 16 words were placed into the puzzle.*

## SWEET POTATOES

|               |  |
|---------------|--|
| natural       | ... This kind of sugar is good for us compared to processed sugars.  |
| yam           | ... Sweet Potatoes and this are often used interchangeably.  |
| Africa        | ... Slaves from here began calling Sweet Potatoes "yams" because they resembled a familiar native vegetable. |
| studies       | ... These show that sweet potatoes are very good for us.   |
| fiber         | ... Studies show that people who eat lots of this have lower blood glucose levels.                           |
| one           | ... how many medium sweet potatoes with skin on provide(s) about 6 grams of fiber.                           |
| salt          | ... Low sodium intake is important to lowering blood pressure.   |
| potassium     | ... Another blood pressure lowering nutrient is found in one medium sweet potato.                            |
| beta-carotene | ... This is claimed as helping protect against colon cancer in young men.                                    |
| plant         | ... These kinds of foods help boost our immune system.   |
| nutrients     | ... help us fight against all kinds of sicknesses.   |
| antioxidants  | ... like vitamins C and E in sweet potatoes help eyes.   |
| roasting      | ... This method of making a sweet potato will bring out its natural sweetness.                               |
| microwave     | ... Using this, also known as Chef Mike, is the fastest way to prepare sweet potatoes.                       |
| fork          | ... Use this utensil to prick the potato to keep it from exploding.  |
| kidneys       | ... Too much potassium can be harmful and keeps this organ working too hard.                                 |