

SWEET POTATO SMART

Comfort food
with real benefits. ♥

NATURALLY
NUTRITIOUS.
DELICIOUSLY
VERSATILE.



WHAT'S INSIDE



BETA-CAROTENE

Converted to Vitamin A for healthy skin, eyes & immunity.



FIBER

Supports digestion and gut health.



VITAMIN C

Boosts immunity and supports collagen production.



POTASSIUM

Helps maintain healthy blood pressure and muscle function.



COMPLEX CARBS

Provide steady, lasting energy without spikes.



MANGANESE

Supports bone health, metabolism & antioxidant defense.

WHY PEOPLE LOVE IT



SUPPORTS EYE HEALTH

High in beta-carotene for healthy vision.



STEADY ENERGY

Complex carbs provide long-lasting fuel.



SUPPORTS DIGESTION

Fiber helps keep your gut happy.



KEEPS YOU FULL

High fiber + nutrients help curb cravings.



GREAT PRE-WORKOUT CARB

Easy to digest and fuels performance.

*Good for your body.
Great for your day. ♥*

EASY WAYS TO EAT



ROASTED

Caramelized goodness with a crispy edge.



BOILED

Simple, soft & nourishing.



MASH

Creamy, cozy & comforting.



CHAAT

Tangy, spicy & absolutely satisfying.



FRIES

In moderation for that treat you love.

Choose carbs that give more back. ♥