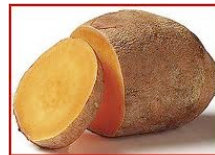


We Americans tend to call Yams -- Sweet Potatoes -- but they are not. Sweet potatoes have a white interior and come in a variety of skin colors . . . just like humans do.

Since I no longer eat white potatoes because they are so high in sugar and starch I found the Asian Sweet Potato to be very starchy, slightly sweet but rather flat and tasteless. This gave me the urge to research their nutrition values.

And of course as usual I got totally frustrated because there is not one quality source for all items. And they don't even use the same measurements but it was the best I could find. I invite you to do your own investigation and decided for yourself. I highly recommend **yams**.



Nutrition Values	Asian Sweet	Yams	white Potatoes
Size	130 g	180 g	156 g
Calories	113	162	145
Fats	0	0	0
Fiber	4 g	6 g	2
Protein	2 g	2 g	3 g
Sodium		11 g	8 g
Starch	17 g	12 g	17 g
Sugars	5 g	7 g	3 g
Vitamins			
A	202.2%	3%	0
B-6	12%	16%	23%
C	30%	27%	33%
E		2%	0%
Minerals			
Calcium	39 mg	2%	1%
Cooper	12%	10%	17%
Iron		4%	3%
Magnesium	10%	6%	10%
Manganese	25%	25%	13%
Potassium	438 mg	26%	17%
Glycemic Load		16	16
Fullness Factor		2.2	2.5

Measurements are based on an average size potato, baked without oil and nothing added.
Percentages are US daily recommended allowances, based on 2,000 calories a day.