



Benefits of Sweet Potato



Boosts Immune System: Vitamin C present in sweet potato has antioxidant properties, which make it great for improving your immune system. As a result, you suffer less from common cold, cough, flu and other diseases.



Beauty Food: In addition to vitamins A and C, sweet potato also contains vitamin E, which is excellent for the health of your skin. It can improve your complexion for flawless skin.



Good source of iron: If you are anaemic or your body becomes deficient in iron, sweet potato is rich in iron and increases the production of red blood cells, thus preventing anaemia. It can also improve the resistance power and immunity power of the body and reduce stress.



Promotes metabolism and treats premenstrual symptoms: Sweet potatoes contain manganese, which is great for improving metabolism and maintaining a healthy balance of blood sugar levels in the body. It is also good for suppressing your appetite, thereby preventing you from overeating. As a result, you can lose weight by including this vegetable in your regular diet. It is good for anaemia and for treating severe premenstrual symptoms as well.



Antioxidant: Beta-carotene or vitamin A is present in high amounts in sweet potato. This is an effective antioxidant for preventing various types of cancers. It can repair the damage caused to skin cells by the UV rays of the sun and also protect the skin from further damage by UV radiations.



Maintains the elasticity of your skin: Vitamin C is found in high quantities in sweet potatoes. This is great for the production of collagen, which can help in maintaining the elasticity of your skin. This way your skin will look young and keep glowing.