

The great benefits of sweet potatoes that you don't know yet

Sweet potatoes are rich in vitamin B6 - compounds that break down homocysteine ??(which contributes to blood vessel arteriosclerosis and arteries), according to Harvard University's School of Public Health. In addition sweet potatoes are also rich in potassium, which is beneficial for your cardiovascular health, as it lowers blood pressure by maintaining fluid balance, according to the American Heart Association. Potassium is also an important electrolyte that regulates your heart rate.

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1. Good for heart

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2. Diabetes

Sweet potatoes have a **low blood sugar index** , recent studies have shown that sweet potatoes **reduce hypoglycemia and insulin resistance in diabetic patients** .

Studies have shown that patients with type 1 diabetes have high fiber diets with low glucose levels and patients with type 2 diabetes can improve blood sugar, lipid and concentration. insulin.

A sweet potato provides about 6 grams of fiber (including shells). According to the Dietary Guidelines for Americans, it is recommended for women to consume about 21-25g of fiber per day, with men 30-38g.



3. Blood pressure

Maintaining low sodium levels is essential to lowering high blood pressure . Besides, maintaining potassium is equally important. According to the National Health and Nutrition Examination Survey, less than 2% of adults in the United States provide 4700 mg of potassium daily (recommended).

A sweet potato root provides about 542 mg of potassium .

4. Treat constipation

With **high fiber content** , sweet potatoes help **prevent constipation** . Eating sweet potatoes at a moderate level (100 g / day) is very **beneficial for the digestive system** because vitamin C and amino acids help stimulate intestinal motility, make digestion process faster, prevent prevent constipation.



5. Improve the immune system

Sweet potatoes are **rich in beta carotene** - one of the important antioxidants, along with vitamin C and B vitamins, iron, and phosphorus to help improve and protect your immune system better.

6. Anti-inflammatory

Like potatoes, sweet potatoes also have **anti-inflammatory properties** . Acquire this characteristic mainly in sweet potatoes with the presence of beta-carotene, vitamin C and magnesium.

Refer to some of the following articles:

1. Mistakes that damage your health every day without your knowledge
1. Signs of your body are missing a serious vitamin
1. 7 habits are "quietly killing" you every day

Wish you have moments of fun!

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