

SPACE TO BREATHE

FOOD TO SUPPORT

VITAMIN A & EYE HEALTH



SWEET POTATO

Why it can be useful

-  **Beta-carotene**
-  **Fibre**
-  **Versatile carbohydrate**

Simple ways to use it

1 Bake with the skin

2 Mash with beans

3 Cut into wedges

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.