

THE CSPI

NUTRITION

SCOREBOARD

SWEETPOTATO
RANKS NUMBER
ONE IN NUTRITION

Number
1

CSPI is a non-profit, independent organization seeking to improve the public's health by offering reliable nutrition information and by working to reform the nation's food and health policies. Ratings listed are for average-size servings. Adjust the score proportionally for larger or smaller portions.

In a recent study, the Center for Science in the Public Interest (CSPI) ranked the *Sweetpotato* number one of all vegetables. With a score of 184, the *Sweetpotato* outscored the next-highest vegetable by nearly 100 points. CSPI nutritionists recommend choosing foods that are near the top of the chart and eating less of the foods that have negative values or are near the bottom. A varied diet, composed mainly of grain products and fresh vegetables and fruits, is best.

According to CSPI nutritionists, the single most important dietary change for most people would be to replace fatty foods with foods rich in complex carbohydrates such as *Sweetpotatoes*.

CSPI gave foods points for their content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron, and calcium. Points are deducted for fat content (especially saturated fat), sodium, cholesterol, added refined sugars, and caffeine.

The higher the score, the more nutritious the food

<i>SWEETPOTATO, BAKED</i>	184
Potato, Baked	83
Spinach	76
Kale	55
Mixed Vegetables	52
Broccoli	52
Winter Squash, Baked	44
Brussels Sprouts	37
Cabbage, Raw	34
Green Peas	33
Carrot	30
Okra	30
Corn on the Cob	27
Tomato	27
Green Pepper	26
Cauliflower	25
Artichoke	24
Romaine Lettuce	24