

Mission In Motion

Health & Wellness
Tip of the Week



February 18, 2013



Sweet potatoes are a powerhouse for vitamins and have no more calories than white potatoes. Ounce per ounce, sweet potatoes have nearly as much beta carotene as carrots, half as much vitamin C as oranges, and even some vitamin E.

Source: University of California, Berkeley Wellness Letter



Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

