Team Potato or Team Sweet Potato?

Have you ever ordered sweet potato fries in an attempt to be healthy? While sweet potatoes have a higher micronutrient content than white potatoes, when thrown in the deep frier, both options share a similar nutritional value. Instead of pitting one potato against the other, let’s break it down to the basics and see which potato is the best fit for your needs.

Sweet Potatoes are...
- High in fiber which is vital for digestive health
- Packed with antioxidants, such as beta-carotene, which can protect against chronic disease
- Provide a sweet flavor without any added ingredients

White Potatoes are...
- A good source of starch for energy
- A good source of potassium, which can help with blood pressure regulation
- A staple food in many different cultures
- Extremely versatile to pair with vegetables or a variety of flavor profiles

Both are equally delicious!

You can create a well-balanced nutritious meal from the dining hall with:
- A lean protein source, a vegetable of your choice, a healthy fat, and...
- White potatoes: roasted, mashed, baked, or hashed with garlic and paprika
- Sweet potatoes: mashed, baked, roasted with cinnamon

We hope you found this spud-tacular!

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