



Sweet potato is in season in July.

Believe it or not, it's not actually related to the potato but is often used as a popular alternative.

In contrast to potato, the natural sugars in sweet potatoes are slowly released into the bloodstream, helping to ensure a balanced and regular source of energy without blood sugar spikes. Therefore, it is a healthier substitute for potato for individuals with diabetes or those wanting more even energy levels.

Their rich orange colour means that they are high in carotenoids which help to strengthen eyesight, boost immunity and protect against cancers.

Try some of your favourite potato recipes using sweet potato instead. Boil them, add a little ground nutmeg and low fat milk and create a mash to top your favourite Shepard's pie recipe. Make roast sweet potato wedges using spray oil, sprinkle with chilli flakes, a small amount of salt and chopped rosemary.

***VIS Sports Dietitian, Kylie Andrew***