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A Sweet Potato Blessing

Sweet potatoes may help to reduce your diabetes risk.

Some studies revealed that a carotenoid-rich diet helped to improve blood sugar metabolism in men at risk of type 2 diabetes. Diabetes is characterized by poor sugar control. Sweet potatoes are a rich source of the carotenoid beta carotene.

So, why don't you add sweet potatoes to your shopping list this week?

Until next time have a blessed week!

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