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But the best reason to take Chewable Acidophilus from American Health is the naturally delicious and convenient way it helps restore optimum intestinal health. Now enjoy all the benefits of two terrific lactobacilli, Acidophilus and Bifidus, from one great tasting product. Discover how delicious probiotic support can be.

- Available in natural strawberry, blueberry, banana and assorted flavors
- Free of wheat, milk or milk derivatives, lactose, soy, artificial flavor, sodium
- Suitable for vegetarians

AMERICAN HEALTH

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ENJOY THIS SWEET STAPLE OF NUTRITION ANY TIME

By Monica Bhide

First things first: A sweet potato is not a potato nor is it a yam. No wonder this poor root has an identity crisis.

Sweet potatoes, part of the morning glory family, are sometimes called the most nutritious vegetable around. When eaten with the skin on, they contain high concentrations of vitamins A, B6, C and E. They are virtually cholesterol- and fat-free, low in sodium and offer more fiber than oatmeal and four times the US Recommended Daily Allowance for beta-carotene. Due to their antioxidant and fiber content, they are protective against heart disease and cancer,” says Cynthia Sass, MPH, registered dietitian and national spokesperson for the American Dietetic Association. “The high levels of phytochemicals and beta-carotene also help protect the eye from disorders like macular degeneration.”

Sweet potato skins come in a variety of colors, from pale yellow to deep purple. When cooked, the paler types tend to have dry and crumbly flesh, similar to a baked potato, with a not-so-sweet flavor; the darker-skinned varieties have moist, orange flesh and are sweeter. When buying sweet potatoes, select firm ones with smooth skins and no soft spots. Store them loose for up to a week in a cool, dark, dry place. Do not refrigerate them since temperatures below 55°F will give them a hard core and an unpleasant taste when cooked.

These versatile roots can be fried, steamed, baked, boiled, microwaved, turned into grilled potato chips or even eaten raw as crudites. Use them in soups, salads, casseroles, cakes, pies and cookies. To bring out their natural sweetness, bake them, then top with a touch of cream and flaked coconut, cranberry sauce or apricot chutney. Create savory versions with black beans, tomatoes, a squeeze of lime juice, cilantro and kosher salt—or the favorite old standby: plain butter.

So why wait nine long months ’til Thanksgiving? Make these nutritious dynamos, available most of the year, a kitchen staple.

THE POWER OF “C” FROM A LITTLE ACEROLA BERRY.

_The Power from a Little Acerola Berry._

**Chewable Acerola Plus**

**Vitamin C** 500 mg
natural berry flavor
100 chewable wafers

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sweet potatoes with toasted cumin and lemon
Serves 4

4 small sweet potatoes, about 2 to 2.5 lb, cut into ⅜ inch cubes
⅛ tsp. cumin seeds
2 Tbs. vegetable oil
2 Tbs. lemon juice
Salt to taste (try sea salt)

1. Boil sweet potatoes in lightly salted water about 8 to 10 minutes, or until fork tender. Drain, and cool to room temperature.
2. Toast cumin seeds in small skillet over medium heat until seeds release aroma and begin to darken, about 2 to 3 minutes. Remove from heat, and cool. Place seeds in plastic bag, and gently crush with rolling pin.
3. Heat vegetable oil in medium skillet over medium heat. Add sweet potatoes, and cook about 7 to 8 minutes, or until golden brown.
4. Transfer sweet potatoes to large bowl, and sprinkle with lemon juice, cumin and salt to taste. Toss gently to coat, divide equally among four bowls and serve.

PER SERVING: 206 CAL; 3G PROT; 7G TOTAL FAT (1G SAT. FAT); 34G CARB; 0MG CHOL; 383MG SOD; 5G FIBER; 7G SUGARS

Nutrition Facts
Serving: one medium baked sweet potato, dark orange flesh
Calories: 117
Carbohydrate: 28g
Protein: 2g
Fiber: 3g
Bonus: Next to no fat, packed with vitamin C and high in calcium, magnesium, vitamin A and folate.

Fun facts:
- George Washington Carver (renowned for his cotton and peanut research) developed 118 different products from sweet potatoes, ranging from glue for postage stamps to starch for fabrics.
- The Tater Day Festival, a festival devoted to sweet potatoes, is held in Benton, Kentucky during April. There are also similar festivals in North and South Carolina, Texas, Alabama, Louisiana, Jamaica and South Africa.