Things I like to eat:
Sweet Potato Fries my Way :)

EAT TH!S

Potatoes are incredibly healthy, especially if you eat them with skin on. Some people, including myself, consider sweet potatoes a super food. **Restaurant french fries are not healthy even if they are made with sweet potatoes (<u>see more here</u>).** I have healthy recipe though. Simply cut a cleaned sweet potato into chips or strings with skins on. From there I toss it into a bowl with 2 tbs of canola oil and mix well. Then I put it on a baking sheet and then into my oven or air fryer at 400-425 for 20 minutes or till the are done. Let cool and eat :)

Sweet Potatoes: According to Healthline.com sweet potatoes are starchy root vegetables that are rich in fiber, vitamins, and minerals. They're also high in antioxidants that protect your body from free radical damage and chronic disease. They contain fiber and antioxidants that promote the growth of good gut bacteria and contribute to a healthy gut. Animal and test-tube research suggests that the anthocyanins and other antioxidants found in sweet potatoes may protect against certain cancers. However, human studies are needed. Animal studies have shown that sweet potatoes may improve brain health by reducing inflammation and preventing mental decline. However, it remains unknown whether they have the same effects in humans. According to WebMed j**ust one sweet potato gives you 400% of the vitamin A you need each day**. This helps keep your eyes healthy as well as your immune system, your body's defense against germs. It's also good for your reproductive system and organs like your heart and kidneys.