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# HOW SWEET POTATOES CAN HELP PREVENT BLINDNESS AND HELP YOU LOSE WEIGHT (PLUS RECIPE)

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## **How Sweet Potatoes Can Help Prevent Blindness**

Can you imagine such a tasty food helps preventing blindness? As it known, vitamin A deficiency is primary cause of blindness. According to the WHO (World Health Organization), vitamin A deficiency leads to increased risk of death from many infections. Vitamin A deficiency has about 250 million young children, across the world.

## **How Sweet Potatoes Can Help to Lose Weight**

We already know that sweet potatoes can prevent blindness, but cognition of its benefits does not stop there. Did you know that sweet potatoes can also help to lose weight? The sweet potatoes contain a compound that can increase the level of adiponectin in our body, hormone that helps to regulate blood sugar levels. As they are low glycemic foods, they stay in digestive tract longer, helping to control appetite. If you want to get out of sweet potatoes, most possible useful, then you have to consider how you will prepare them it is better to boiling or steaming them, instead of roasting. If you roast sweet potatoes they lose some of their nutrients and vitamins. Sweet potatoes are wellspring of fiber and it normally will help you stay fuller for a more time. If you eat medium-sized sweet potato will give you 4 grams of fiber. As it is known, sweet potatoes contain a lot of vitamin A, and it serving to visual improvement, vitamin A can give better well being for your eyes and bones.

## ***Sweet Potato and Carrot Soup***

This velvety extraordinary noontime soup, you can get ready in few minutes. Just throw together the potatoes and carrots in some water. If you are a veggie lover, this is substitute for chicken soup.

## ***Heated Sweet Potato Latkes***

Make your yummy sweet potato latkes by grinding sweet potatoes, then after that blending with flour, eggs, cinnamon, and nutmeg. You can make 12 latkes it is enough for the entire crew.

### *Sweet Potato Wedges*

Potato wedges contain less fat and offer much fuller flavor than standard potatoes. Serve with ham or pork. The entire preparation and cook time takes 45 minutes.

### *Apple and Sweet Potato Hash Browns*

Apples and sweet potatoes are combined well together. Blend pieces of apples and cooked sweet potatoes so you can make a healthier serving of hash tans. There are numerous ways to make apple and sweet potato hash tans, but you have to stay away from recipes that utilize margarine or other undesirable substances.

Sweet potatoes are brimming with beta-carotene and other healthy substances. Their capacity to help prevent visual deficiency and lose weight, make better skin, eye, and other body well being, will make you to add them to your eating regimen.

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