Sweet Potatoes

B	T	C	J	J	V	M	G	P	V	S	S	M	K	F
U	E	K	N	X	Z	U	L	E	W	E	W	K	L	R
H	U	T	J	I	N	U	G	K	G	E	E	R	C	E
M	F	S	A	N	M	E	R	H	K	G	E	R	V	S
P	S	L	P	C	T	A	E	K	K	N	T	Z	P	H
V	F	L	N	A	A	C	T	L	Y	A	P	Q	H	P
Q	R	E	B	F	E	R	Y	I	X	R	O	R	E	Y
D	T	L	Y	F	C	K	O	P	V	O	T	I	F	S
H	E	Z	A	N	I	M	A	T	I	V	A	M	F	Y
B	O	I	L	E	D	B	X	M	E	K	T	U	X	V
O	D	V	K	E	B	N	E	Q	S	N	O	J	B	F
U	O	C	H	G	B	Y	L	R	B	M	E	A	E	L
C	M	S	H	E	B	J	P	P	V	A	K	T	Z	M
X	A	S	L	M	G	F	T	E	J	E	L	N	R	O
M	W	L	V	Z	J	U	J	V	D	S	L	P	U	C

BAKED
FIBER
ORANGE
VITAMIN A

BETA CAROTENE
FRESH
SWEET POTATO
VITAMIN C

BOILED
MASHED
VEGETABLE