**Fast facts on sweet potato**

* Sweet potatoes may help maintain a healthy [blood pressure](https://www.medicalnewstoday.com/articles/270644.php) and protect against [cancer](https://www.medicalnewstoday.com/info/cancer-oncology/).
* The high fiber content of sweet potatoes helps prevent [constipation](https://www.medicalnewstoday.com/articles/150322.php).
* One medium, baked sweet potato with skin contains just 103 calories.
* The fastest way to prepare a sweet potato is in the microwave.

Research suggests that increasing consumption of plant foods, like sweet potatoes, decreases the risk of [obesity](https://www.medicalnewstoday.com/info/obesity/how-much-should-i-weigh.php), [diabetes](https://www.medicalnewstoday.com/info/diabetes/), [heart disease](https://www.medicalnewstoday.com/articles/237191.php), and overall mortality.