



Technical
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Nutritional Nuggets

No: NN0094 – corn vs. sweet potato

Soundbites on Current Topics

Comparing nutrients in corn and sweet potato.

Nutrients	Unit	corn	sweet potato
Energy in kcals/kg		405	388
DRY MATTER Nutrient values			
Protein	g	7.78	5.03
Total lipid (fat)	g	4.33	0.56
Carbohydrate	g	86.26	91.74
Omega Fatty Acids			
Fatty acids, total polyunsaturated	g	1.97	0.25
Fatty acids, total monounsaturated	g	1.14	0.02
Amino Acids			
Leucine	g	0.95	0.32
Phenylalanine	g	0.38	0.23
Tyrosine	g	0.32	0.00
Threonine	g	0.29	0.18
Isoleucine	g	0.28	0.17
Lysine	g	0.22	0.19
Methionine	g	0.16	0.07
Cystine	g	0.14	0.06
Tryptophan	g	0.06	0.04
Data from USDA Food Nutrient Report database version SR15			

Corn contains significant advantages when compared to sweet potato.

Increased polyunsaturated fatty acids like Omega 6 – good for skin and coat.

Higher levels of amino acids – building blocks of protein.