Think sweet potatoes are healthier than white potatoes? Or that you should avoid both because of carbs? Here's how these tubers compare — and why they both deserve a place in your diet.

### Types of Carbohydrates in Potatoes and Sweet Potatoes

Both potatoes and sweet potatoes fall in the middle of the carbohydrate scale. Potatoes contain mostly starch and fiber, which help you stay lean and healthy. Sweet potatoes are rich in complex carbohydrates and resistant starch, which, like fiber, provide a slower, steadier supply of energy. The glycemic load (GL) of potatoes is higher than that of sweet potatoes, but the difference is not significant enough to favor sweet potatoes over potatoes based on GL alone. The glycemic index (GI) of potatoes and sweet potatoes is not relevant because both tubers carry a low GI value, which is beneficial for maintaining stable blood sugar levels and promoting a healthy weight.

### How to Eat Potatoes and Sweet Potatoes

Eating potatoes and sweet potatoes is a healthy choice, even when you're watching your weight. They can help you achieve health and fitness goals, get beyond "good foods" vs. "bad foods," and keep colorful food on your plate. Eating potatoes and sweet potatoes ensures your diet has "carb variety" and physically and psychologically satiates you.

### How Much to Eat

Potatoes and sweet potatoes are nutrient-dense, filling, and versatile. They provide vitamins, minerals, fiber, and resistant starch, which help you feel full and satisfied. These tubers are a good source of micronutrients and phytochemicals, which support the immune system, promote digestive health, and reduce inflammation. They are also low in calories and rich in fiber, making them a healthy, filling addition to any meal.

### Benefits of Eating Potatoes and Sweet Potatoes

Potatoes and sweet potatoes are a natural and healthy snack option. They are a good source of fiber, which helps you feel full and satisfied. These tubers are also a good source of vitamins, minerals, and antioxidants, which support overall health and well-being. Eating potatoes and sweet potatoes can help you achieve a healthy weight and reduce the risk of chronic diseases, such as heart disease and type 2 diabetes.