

How much salt, other minerals & vitamins are in Sam's Yams?

Many of our customers have asked this question. Sam's Yams are produced from 100% sweet potato; nothing else is added during production. Taking into account the amount of weight loss during our preparation and drying processes, the following table shows the approximate amounts in an ounce (28.3 grams) of Sam's Yams. This is equivalent to two average sized 0.5-ounce pieces of Veggie Rawhide, for example.

Substance	Approximate amount per ounce (28.3 grams)	
Vitamin A	6,100 IU	
Minerals*	Sodium	60 mg
	Calcium	37 mg
	Potassium	0.5 mg
	Phosphorous	52 mg
	Magnesium	26 mg
Sugars	Fructose	1.0 g
	Glucose	1.7 g
	Sucrose	4.4 g
	Maltose	6.5 g
Protein	2.1 g	
Crude Fiber	1.0 g	
Fat	0.4 g	
Calories [†]	80	

Note: Amounts are approximate and are based on actual analysis of our product, except for items marked * which are based on U.S.F.D.A. (Food and Drug Administration) lists of the amounts of salt and other minerals found on average in raw sweet potatoes, accounting for weight loss during preparation and drying. One milligram (mg) is one-thousandth of a gram; a teaspoon of salt weighs about 10.6 grams (g), so one milligram is equal to about one ten-thousandth of a teaspoon.

[†]Calculated caloric content

Remember that Sam's Yams are pet treats, not a staple pet food. Always feed Sam's Yams under supervision, make sure your dog has plenty of fresh water, and let your pets know how much you love them.