

POTATOES



Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)
Calories 68 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Potatoes can be found in the red, yellow/orange, white/tan/brown and blue/purple color groups. Look at the chart below to learn how these color groups help your body.

Color Group:	This color group helps maintain:	Potatoes in this color group are:
Red	A healthy heart and memory function	Red potatoes
Yellow/Orange	A healthy heart, vision and immune system.	Red Gold potatoes, Yukon Gold potatoes, Yellow Finn potatoes
White/Tan/Brown	A healthy immune system and healthy cholesterol levels.	White potatoes, Russet potatoes
Blue/Purple	Healthy aging and memory function	Purple potatoes

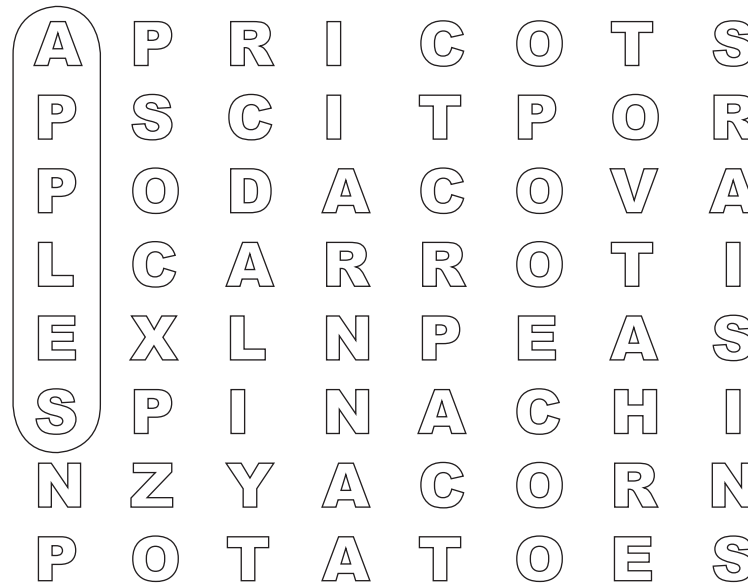
Recommended Daily Amount of Vegetables

Ages	2 - 5	6 - 8	9 - 14
Amount	1 - 2 cups	1.5 - 2.5 cups	1.5 - 3 cups
*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov for an individual food plan			

Shop for Colors!

Find the fruits and vegetables that are hiding in this puzzle: apples, apricots, avocado, carrot, corn, peas, potatoes, raisins, spinach.

Look for them on your next visit to the grocery store or farmers' market.



Adapted from: Produce for Better Health Foundation, 2005.

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