

# POTATOES



## Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)	
Calories 68	Calories from Fat 1
% 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](http://www.nutritiondata.com)

## Eat the Rainbow!

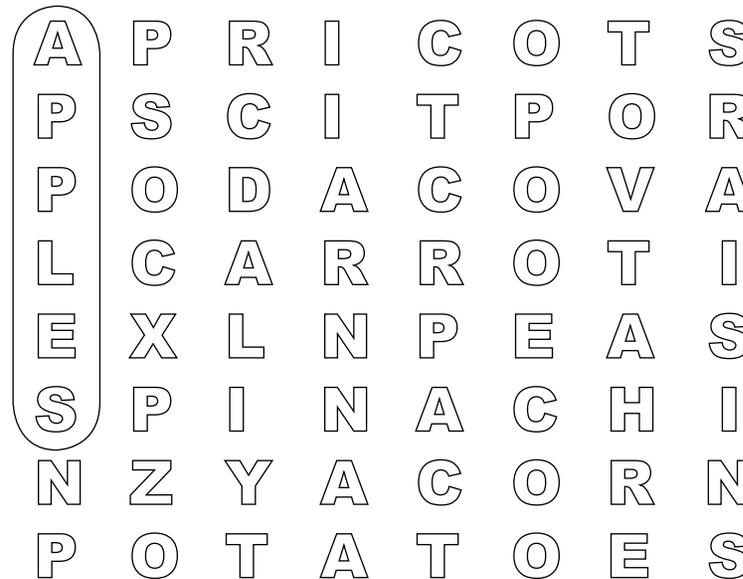
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Potatoes can be found in the red, yellow/orange, white/tan/brown and blue/purple color groups. Look at the chart below to learn how these color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

## 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.*

## How Much Do I Need?

A serving of potatoes is one-half cup cooked potato. Try to eat fruits and vegetables from each color group to help reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Children, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, try to eat the higher number of cups for your age.

To learn more, visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids).

