

Potatoes: *Diet friend or foe?*

Perhaps you've heard the old saying that a potato isn't a vegetable, it's a starch. Actually, a potato is a starchy vegetable, so it's both!



ARE POTATOES HEALTHY?

Potatoes are higher in starch and calories than other vegetables. But that doesn't mean you should never eat them. Like any food, enjoy potatoes in moderation. Try to eat a variety of fruits and vegetables each day.

Potatoes supply a good amount of nutrients and can help you feel full. One medium potato has 110 calories and is a good source of:

- Potassium (more than a banana)
- Vitamin C
- Vitamin B6
- Fiber

EAT THEM ALL-NATURAL

Potatoes may get an unhealthy reputation because they're often fried or dressed with high-fat toppings like butter and sour cream. Enjoy potatoes baked or microwaved with a small amount of butter or olive oil and salt-free seasoning or herbs.

Source: United States Department of Agriculture