

# POTATOES RAISE THE BAR ON CLASSROOM FUN



Think you know the potato? Think again! There's so much to learn about the vegetable you already love. Read on for nutrition info, potato types and fun facts that will get you and your class excited about the spectacular spud!

## POTATOES ARE...

A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in metabolism.

SODIUM- And CHOLESTEROL- FREE

FAT-FREE

GLUTEN- FREE

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

FDA Data for a 5.2 oz. Potato with the Skin\*

AN EXCELLENT SOURCE OF VITAMIN C

Vitamin C may help support the body's immune system.

A GOOD SOURCE OF POTASSIUM (MORE THAN A BANANA!)

Potassium helps maintain normal blood pressure

ONLY 110 CALORIES PER SERVING

## Fun FACTS

- Potatoes were the first food grown in space.
- The word potato comes from the Spanish word patata.
- Potatoes are grown in all 50 states.
- The potato is about 80% water and 20% solids.
- "French Fries" were introduced to America when Thomas Jefferson served them at a White House dinner.
- Potatoes are America's favorite vegetable. You are not alone if you love potatoes!

# ONE POTATO, TWO POTATO, THREE POTATO, MORE!

Potatoes come in many shapes, sizes and colors. These are the seven most common types. Each one has a unique texture and flavor. There are also many ways to prepare potatoes. Try them all to find your favorite!



Look for brown, netted skin and white flesh. Enjoy them baked pan-fried, mashed or roasted.

## RUSSETS



Look for deep purple skin with flesh that ranges from purple to lavender to almost white. Roast them, then toss into salads for a pop of color.

## PURPLE + BLUES



Look for rosy red skin and white flesh. Enjoy them in soups, stews and salads to get the most of their subtly sweet flavor.

## REDS



Look for small, slender "finger-sized" potatoes, typically ranging from 2 to 4 inches in length. Pan-fry them to showcase their wonderful nutty and buttery tastes.

## FINGERLINGS



Look for white (sometimes light tan) skin and white flesh. They make extra velvety mashed potatoes and grilling brings out a full-bodied flavor.

## WHITES



Look for small, even "bite-sized" potatoes. Don't let their size fool you, because their flavors are actually more concentrated and they cook more quickly.

## PETITES



Look for golden skin and golden flesh. Bake, roast or grill them up for a slightly sweet, caramelized flavor.

## YELLOW