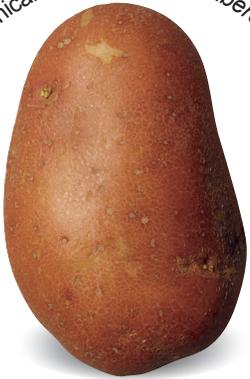


Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum tuberosum*



POTATOES

Circle all meals that have a white, tan, or brown vegetable in them.

- How many did you find?
- How many times are potatoes on the menu?
- How many different ways are potatoes served?
- What is your favorite way to eat potatoes?

EAT 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%

Color Your Plate

It is important to color your plate with a variety of fruits and vegetables – red, yellow/orange, green, blue/purple, and white/tan/brown. Find these colorful fruits and vegetables hiding in the puzzle. And, look for them on your next visit to the grocery store or farmers' market.

- | | | |
|----------|--------|----------|
| Apples | Carrot | Potatoes |
| Apricots | Corn | Raisins |
| Avocado | Peas | Spinach |

A P R I C O T S
P S C I T P O R
P O D A C O V A
L C A R R O T I
E X L N P E A S
S P I N A C H I
N Z Y A C O R N
P O T A T O E S

Adapted from: Produce for Better Health Foundation, 2005.

Reasons to Eat Potatoes:

Eating a ½ cup of potatoes is a good way to get vitamin C.

Potatoes also have many important vitamins and minerals like vitamin B₆, niacin, and potassium. Niacin is a type of B-vitamin that helps your body make energy. Potatoes can be eaten in many healthy ways – baked, boiled, roasted, mashed, and in soups, stews, and casseroles.

Niacin Champions*:

Blackeye peas, lowfat yogurt, peanut butter, turkey, and tuna.

*Niacin Champions are a good or excellent source of niacin (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of cooked potatoes is about the size of half of one medium potato. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Eating a variety of colorful fruits and vegetables with every meal and snack will help you reach your goal. Look at the chart below to find out how much you need. And be sure to get at least 60 minutes of physical activity every day.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

