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?
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 B<sub>6</sub>, 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**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.