

Potatoes

Volume 1 • Number 11

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What's So Great about Potatoes?



Healthy

Potatoes are rich in carbohydrates in the form of starch. Potatoes are an excellent source of vitamin C, potassium, and vitamin B6. They are a good source of niacin, thiamin, and other B vitamins, too. The skin is an excellent source of fiber. Potatoes are naturally fat free.

Inexpensive

Potatoes are inexpensive and available year round.

Easy to Use

Potatoes can be baked, boiled, steamed, roasted, mashed, or fried. They can be eaten alone or as a side dish with other foods. They are often used as an ingredient in soups, stews, casseroles, and other mixed dishes.

Selecting and Storing Potatoes



Look for

With new potatoes, look for firm potatoes that are free from spots and have smooth skins. For all-purpose and baking potatoes, look for reasonably smooth, firm potatoes free from spots and decay.

Avoid

Potatoes with large cuts, bruises, or decay. Sprouted, soft, or shriveled potatoes have lost nutritional value. Also, avoid green potatoes as the green parts may cause bitter flavor.

Storage

Store potatoes in a cool, dark, dry place, away from apples or onions. Don't put them in an airtight plastic container or bag; they need some air. Also, don't store them in the refrigerator; this will make them taste sweet instead of starchy. All-purpose and baking potatoes can keep for a month or more. New potatoes will only keep for a week. Check the bag to remove any potatoes that are soft, wrinkled or sprouting.

Why is Vitamin C Important?

Vitamin C, also known as ascorbic acid, is needed for growth and repair of body tissue. Vitamin C helps the body make collagen, a tissue needed for healthy bones, muscles, teeth, gums and blood vessels. Vitamin C also helps prevent sickness. Vitamin C dissolves in water. The human body does not store it well. Try to have some vitamin C every day. Potatoes are an excellent source of vitamin C.

Varieties of Potatoes

There are more than 100 different kinds of potatoes. Each varies in size, shape, taste, color, and amount of starch. Varieties with white inside are the most common. Some common potato varieties are:

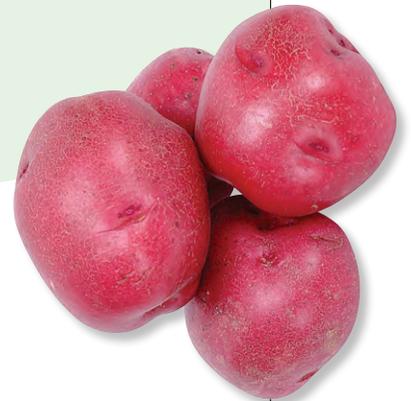


<< Russet Potato

Russet potatoes are among the most popular potatoes. They are long with rough, brown skins and white flesh. They often have many “eyes” and can be large. The russet is low in moisture and high in starch, making it good for baking, mashing, and making French fries. Russets can be called an “old potato” or a “baking potato.” Russet potatoes are available year round.

Red Potato >>

Red potatoes are medium-sized with thin red skin. Their white flesh has a crisp, waxy texture. The flesh can have a pink tint but is usually white. Red potatoes are good for boiling, steaming, and roasting. Red potatoes keep their shape when cooked, which makes them a good choice for dishes that have cooked potato pieces in them, such as potato salad, scalloped potatoes, soups and stews. Red potatoes are available year round.



<< Yukon Gold Potato

Yukon gold potatoes have light yellow skin and flesh and a buttery flavor. They are good for boiling and making mashed potatoes, but are not as good for baking. Yukons can be more expensive than other potato varieties. Yukon potatoes are available as large, mature potatoes, but can also be found as small, young “creamer” potatoes.

New Potato >>

New potatoes are harvested very early, when they are about two inches long. The waxy yellow or red skin of this potato contains a high level of moisture. The white flesh is sweet and contains a lower level of starch. This makes new potatoes good for boiling, steaming, baking, pan-frying, or roasting. New potatoes are excellent as side dishes or for use in potato salads, soups, stews, and casseroles.



Fitting Potatoes into MyPyramid



The **GREEN** triangle of MyPyramid is the vegetable section. Vegetables may be raw or cooked, fresh, frozen, or canned. Age, gender, and level of physical activity determine the daily vegetable need. For a 2000 calorie diet, it is recommended having about 2 ½ cups of vegetables daily. On MyPyramid, potatoes are a starchy vegetable. For a 2000 calorie diet, 3 cups of starchy vegetables are recommended for women and 6 cups of starchy vegetables are recommended for men per week. That’s less than ½-1 cup per day! One medium potato is about 1 cup. For more information on vegetable serving sizes, visit www.mypyramid.gov.

Preparation Tips

Boiling: Boil small to medium-sized potatoes whole. This helps them keep their shape. Cut larger potatoes into halves or quarters. Leave the skins on. The skins slip off easily right after cooking. Place the potatoes into boiling water (not cold water). This will keep more of the vitamin C. Add garlic, onion, or herbs to the water to give the boiled potatoes more flavor. Cover and cook until the potatoes can be pierced with the tip of a sharp knife. Drain the potatoes and. Cooking times are 10-15 minutes for small potatoes, 15-20 minutes for cutup potatoes, and 20- 40 minutes for medium to large whole potatoes.

Mashing: For fluffy mashed potatoes, boil and dry baking or all-purpose potatoes as directed above. For liquid, use milk, vegetable broth, or chicken broth. Use a potato masher, food mill, or a hand-held electric mixer. Do not over-beat potatoes or mash in a food processor. Over-beating will make the potatoes gummy.

Baking: Russets are the best for baking. Do not wrap them in aluminum foil, as foil traps moisture, which will steam rather than bake the potatoes. Preheat oven to 400°F. Wash and dry the potatoes, and pierce the skin in a few places with a fork before baking; this allows steam to escape, making fluffy potatoes. Thick-skinned potatoes may burst in the oven if not pierced. Test for doneness by squeezing the potato. It will be soft when done. Cooking time is 45-60 minutes.

Microwaving: Pierce washed potatoes several times with a fork. Potatoes can explode if the skins are not pierced. If microwaving a single potato, place in the center of the oven. Place two or more potatoes in a circle or spoke pattern. Turn the potatoes halfway through cooking time. Cover after removing them from the oven. Let stand for five minutes. Cooking times are 5 minutes for one medium (8-ounce) potato, 10 minutes for two potatoes, and 15 minutes for four potatoes.

Nutrition Facts

½ cup cooked Potatoes

Serving Size 1/2 cup 61g (61 g)

Amount Per Serving	
Calories 57	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 13%
Calcium 0%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe Collection

Potato-Thickened Broccoli Soup

Serves 4

INGREDIENTS

4 cups chopped broccoli
 1 small chopped onion
 4 cups chicken or vegetable broth
 1 cup nonfat evaporated milk
 1 cup mashed potatoes (or instant prepared in water) salt and pepper to taste
 1/4 cup cheese, shredded cheddar or American

Estimated cost: Per Recipe: \$3.44
 Per Serving: \$0.86

INSTRUCTIONS

1. Combine broccoli, onion, and broth in large sauce pan.
2. Bring to a boil.
3. Reduce heat. Cover and simmer for 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
7. Sprinkle about 1 Tablespoon cheese over each serving.
8. Serve.

Nutrition Facts

1 cup Potatoes Soup

Serving Size (452g)
 Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.0g	10%
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 15g	
Vitamin A 15%	Vitamin C 110%
Calcium 30%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe Collection

Potato Salad

Makes 4 servings

INGREDIENTS

3 medium red or white all-purpose potatoes (not Russet)
1 cup chopped celery
1/2 cup minced onion
1 cup frozen peas
1 Tablespoon prepared mustard
1/2 cup mayonnaise, low fat
1/2 cup yogurt, nonfat plain fresh cracked black pepper to taste

Estimated Cost: Per Recipe: \$2.70
Per Serving: \$0.67

INSTRUCTIONS

1. Wash potatoes. Leave skin on. Cut potatoes into bite-size chunks.
2. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. Put the rest of the ingredients in a large mixing bowl and combine. Drain potatoes well and add to the bowl.
5. Mix well and refrigerate until ready to use.

Veggie Stuffed Baked Potatoes

Makes 4 servings

INGREDIENTS

4 medium potatoes (Russet is best)
4 cups frozen mixed vegetables
1 1/4 cups sour cream, nonfat
1/2 teaspoon dried oregano
1/2 teaspoon dried basil black pepper to taste

Estimated cost: Per Recipe: \$3.80
Per Serving: \$0.95

INSTRUCTIONS

1. Pierce each potato with a fork. Microwave on high until tender. This will be about 3-4 minutes per potato.
 2. Steam mixed vegetables.
 3. Mix the sour cream with the herbs and pepper.
 4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream.
- Serve hot.

Veggie Covered Baked Chicken

Makes 6 servings

INGREDIENTS

4 sliced potatoes
6 sliced carrots
1 large quartered onion
1 raw chicken cut into pieces
1/2 cup water
1 teaspoon thyme
1/4 teaspoon pepper

Estimated cost: Per Recipe: \$7.56
Per Serving: \$1.26

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Clean and cut chicken into pieces. Make sure skin is removed.
3. Place potatoes, carrots and onions in a large roasting pan.
4. Put chicken pieces on top of the vegetables.
5. Mix water, thyme and pepper. Pour over chicken and vegetables.
6. Bake at 400°F for one hour or more until browned and tender. Spoon the juices in the pan over the chicken once or twice during cooking. A meat thermometer should show at least 165°F in the middle of the chicken breast. When the chicken is sliced, the juices should be clear, not pink.

Nutrition Facts

Potatoes Salad

Serving Size (259g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 40		
		% Daily Value*	
Total Fat 4.5g			7%
Saturated Fat 1.0g			5%
Cholesterol 0mg			0%
Sodium 380mg			16%
Total Carbohydrate 34g			11%
Dietary Fiber 4g			16%
Sugars 9g			
Protein 7g			
Vitamin A 20%		Vitamin C 50%	
Calcium 8%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less Than 65g	80g	
Saturated Fat	Less Than 20g	25g	
Cholesterol	Less Than 300mg	300 mg	
Sodium	Less Than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts

1 potato with 1/4 cup stuffing

Serving Size (475g)		Servings Per Container	
Amount Per Serving			
Calories 360	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Cholesterol 15mg			5%
Sodium 180mg			8%
Total Carbohydrate 74g			25%
Dietary Fiber 13g			52%
Sugars 12g			
Protein 12g			
Vitamin A 170%		Vitamin C 80%	
Calcium 20%	Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less Than 65g	80g	
Saturated Fat	Less Than 20g	25g	
Cholesterol	Less Than 300mg	300 mg	
Sodium	Less Than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts

1/6 of Recipe

Serving Size		Servings Per Container	
Amount Per Serving			
Calories 160	Calories from Fat 10		
		% Daily Value*	
Total Fat 2g			2%
Saturated Fat 0g			0%
Cholesterol 15mg			5%
Sodium 310mg			13%
Total Carbohydrate 32g			11%
Dietary Fiber 5g			20%
Sugars 7g			
Protein 6g			
Vitamin A 410%		Vitamin C 30%	
Calcium 4%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less Than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Grow Your Own Potatoes

Potatoes are among the earliest vegetables planted in the garden. All varieties can be planted in March or early April. Potatoes are started from "seed pieces." These seed pieces may be small whole potatoes or potatoes that are cut into 1- 1/2 to 2-ounce pieces. Plant the pieces soon after cutting. Be sure that there is one good "eye" in each seed piece. Plant seed pieces 10 to 12 inches apart. Cover in a furrow between 1 and 3 inches deep.

Space rows 24 to 36 inches apart. This helps to shade the soil and keep it cool in hot weather. Potatoes need cool soil to grow. Harvest potatoes after the vines have died. Handle as gently as possible during harvest. Potatoes grow 4 to 6 inches under the soil surface. A shovel or spading fork is a useful tool for digging potatoes. Store over the winter in a dark room at a temperature between 38° and 40°F with high



humidity. Temperatures below 38°F cause the inside of the potato to spoil. For more information, contact your local Cooperative Extension Educator in the phone book or at <http://www.extension.psu.edu/>

ACTIVITY ALLEY

Potatoes Coloring Activity



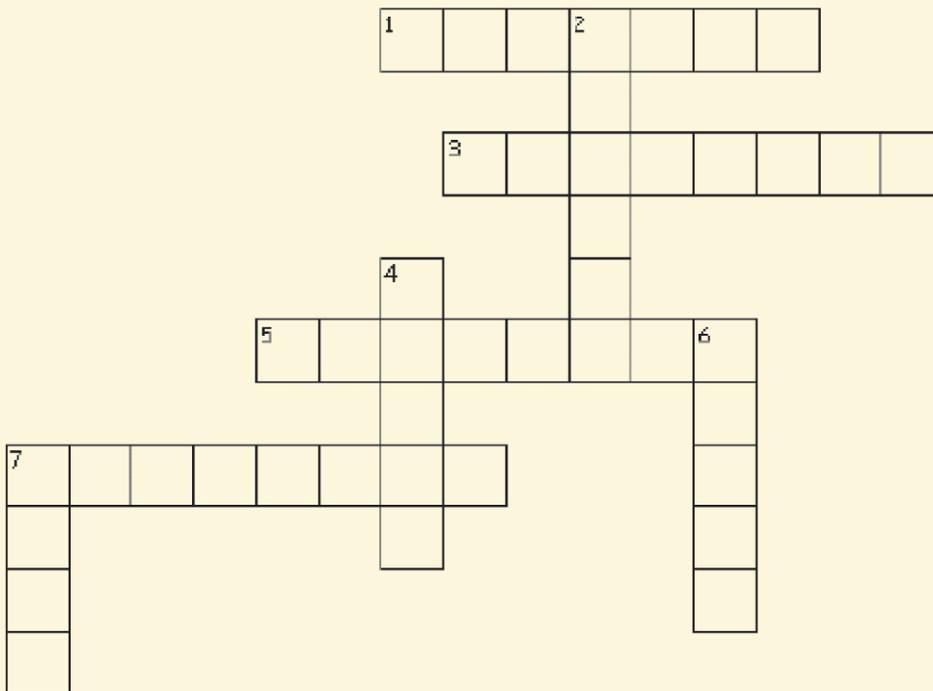
Directions: Potatoes are most often eaten as French fries. But there are lots of other great, healthy ways to eat potatoes. Draw how you might eat this potato. Draw another way you like to eat potatoes.



ACTIVITY ALLEY

Potatoes Crossword Puzzle

Directions: Answer the clues to test how much you know about Potatoes.



Across

- 1. On MyPyramid, potatoes are a _____ vegetable. For a 2000-calorie diet, 3 cups of these are recommended for women and 6 cups are recommended for men per week.
- 3. Potatoes are an excellent source of _____.
- 5. Do not use this material when baking potatoes. It will trap the moisture, and actually steam the potato.
- 7. _____ or shriveled potatoes have lost nutritional value

Down

- 2. Removing _____ potatoes stops the other potatoes from spoiling.
- 4. The name of the potato plant that is eaten.
- 6. Mature potatoes can keep for a _____ or more.
- 7. Most of a potato's nutrients lie just below the _____. When peeling potatoes, make sure to get as close to the _____ as possible.

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