

# POTATO

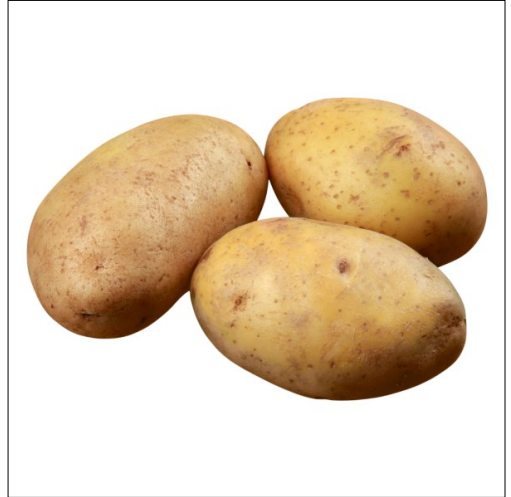
Scan for videos & resources



GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Potatoes can be yellow, white, red or blue.
- Select potatoes that are smooth, firm and free of green spots.
- 1 large baked potato contains:
  - 48% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
  - 46% of your recommended daily value of vitamin B6 to support normal brain development and function.
  - 46% of your recommended daily value of potassium to support heart and muscle function.



## PREPARE

Wash potatoes before eating. The skin is edible and a great source of fiber. The best way to cook potatoes is baking them, as frying decreases their nutritional value.

Try potatoes:

- *Cut into wedges* and baked to make healthier fries.
- *Microwaved or baked whole* to make baked potatoes.
- *Mashed* with herbs and spices.

## STORE

- Store for up to 3 months in a cool, dark place or for up to 2 weeks at room temperature.
- Storing potatoes in a paper bag helps extend shelf life.
- Do not store in refrigerator because it will cause potatoes to turn brown.