



Potatoes



Eating Potatoes:

- Supplies the body with energy
- Keeps teeth, gums and skin healthy
- Helps regulate blood pressure and lower cholesterol

Choosing Potatoes:

- Baked: Long whites, russets
- Boiled: Gold, new potatoes, purple, red, round and long whites
- Roasted: Fingerlings, gold, long whites, new potatoes, purple, red, russets, sweet potatoes
- Mashed: Gold, russets, sweet potatoes

