

Pick a better snack™



# Potato

Most potatoes have a light brown or red skin with white flesh. Some of the new varieties have purple/blue skin with yellow flesh. The peel is good to eat and has many nutrients. Cut off any green spots or sprouts.

Potatoes are vegetables which grow in the ground as tubers (fleshy, underground stems).

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago. Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe. Irish immigrants introduced potatoes to North America in the 18th century.

Potatoes are the second most popular vegetable in the world (after corn). They are inexpensive and available year-round. Idaho grows 30 percent of the potatoes grown in the United States.

The potato has only a very distant relationship with the sweet potato, but because both vegetables grow in the ground, they are often confused.

## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in potassium
- High in vitamin C

## VARIETIES

There are thousands of varieties of potatoes. Common North American potato varieties include:

- Russet Burbank
- Yellow Finn
- Red Gold
- German Butterball
- Yukon Gold

Some potatoes are grown in Iowa.

## USES

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles. Other popular ways to eat potatoes are: potato salad, hashbrowns, potato chips and french fries. Potatoes prepared with little or no added fat are more nutritious.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

