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NUTRITION AND YOU...POTATOES

FOOD FOR THOUGHT

Potatoes are nutritious and low in fat. When buying potatoes, select clean, smooth, firm ones. Avoid potatoes with wrinkled skin, soft dark areas, cut surfaces, or those that are green in color. Store potatoes in a cool, dry, well-ventilated, dark place. Do not store potatoes in the refrigerator.

Potatoes can be baked, boiled, mashed, microwaved, fried, or grilled. Potatoes can be added to soups, stews, and casseroles. They also make great potato salad, hash browns and French fries. Potatoes are more nutritious when eaten with the skin on and without much added fat.

SHOP SMART

In Ohio, locally grown potatoes are available from mid-July to mid-October. Potatoes are available in the grocery store year round.

Note: 1 medium potato provides 1 cup of your daily vegetable requirement.

EAT HEALTHY

Potatoes are:

- High in Vitamin C
- A good source of potassium
- A good source of dietary fiber
- Low in calories
- Fat free
- Cholesterol free
- Sodium free



KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash potatoes under running water before peeling or cutting them.
- Cut away damaged or bruised areas. Discard potatoes that look spoiled.
- When preparing potato salad, cool potatoes before adding mayonnaise.
- Refrigerate potato salad until it reaches a temperature of 41 degrees or below.
- When serving, do not let potato salad sit out longer than 2 hours.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
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RECIPE

Cheese Stuffed Potatoes

Ingredients:

- 4 large baking potatoes
- 1 cup cottage cheese, low fat 2 tablespoons milk
- 2 tablespoons chopped onion 1/4 teaspoon paprika

Instructions:

1. Preheat the oven to 400 degrees.
2. Scrub the potatoes.
3. Put the potatoes in the oven. Bake 30 to 40 minutes until tender.
4. Slice each potato in half lengthwise.
5. Use a spoon to scoop out the inside of each potato. Leave about 1/2 inch of potato next to the skin and save the inside part of each potato in a small bowl.
6. Peel the onion. Chop it to make 2 tablespoons chopped onion.
7. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy.

Nutrition Facts – Cheese Stuffed Potatoes

Cost: Per Recipe: \$ 2.87 Per Serving: \$ 0.72
Serving Size: 2 potato halves (1/4 of recipe)
Calories: 160 Calories from Fat: 5

Per Serving	% Daily Value*
Total Fat – 0.5 g	1%
Saturated Fat – 0 g	0%
Dietary Fiber - 2 g	8%
Sodium – 230 mg	10%
Sugars – 3 g	
Protein – 10 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

8. Divide this mix into 8 parts. Put part of the mix inside each potato.
9. Sprinkle paprika over the potatoes.
10. Return to the oven for 5 minutes to reheat.

FOCUS ON FITNESS

Physical activity is anything that gets your body moving. You need to do three types of physical activity each week to improve your health— aerobic (jogging, fast dancing, swimming, etc), muscle- strengthening (heavy gardening, yoga, weightlifting, etc), and bone- strengthening (typically same as muscle-strengthening exercises).



REFERENCES

- The Recipe Finder. SNAP-Ed Connection recipefinder.nal.usda.gov/
- United States Department of Agriculture, ChooseMyPlate choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

REMEMBER:

Compare prices before buying foods.

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