

NUTRITION NEWS

Here's the Skinny on Potatoes

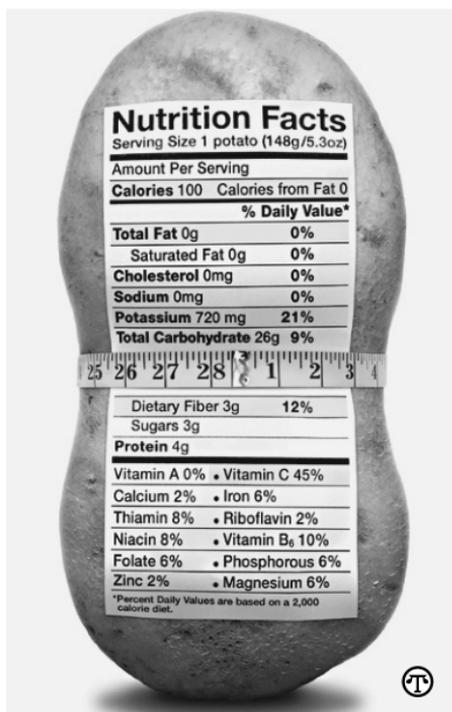
(NAPSA)—Potatoes have been taking a beating lately as a result of fad diets. In response to the food confusion sweeping the nation, the United States Potato Board conducted extensive consumer research and discovered there was a lot of uncertainty surrounding the healthy benefits of potatoes.

Surprisingly, only six percent of survey respondents thought that potatoes were rich in vitamin C, when, in fact, one medium (5.3 ounce) potato contains 45 percent of the recommended Daily Value for this essential nutrient. And, only 34 percent considered potatoes with skins to be rich in potassium, when they are actually an excellent source of this mineral—higher than broccoli, spinach or bananas.

Why are these nutrients so valuable? Vitamin C is a powerful antioxidant that protects your body's cells. It also helps keep gums healthy and can protect the body from infection by keeping the immune system healthy. Foods that are a good source of potassium and low in sodium—such as potatoes—may reduce the risk of high blood pressure and stroke.

Need more proof that potatoes are a nutrition powerhouse? One medium potato only has 100 calories. Calories increase depending on your choice of topping or when fried in fat.

For healthy recipes and nutrition information, visit www.healthypotato.com or send a self-addressed, business-sized, stamped envelope to Healthy Potato Recipes, 5105 East 41st Avenue, Denver, CO 80216.



Potatoes are surprisingly full of essential vitamins and minerals.

Try one of these new healthy, but flavorful potato preparation ideas:

- Top a russet baked potato with salsa, black beans and reduced fat cheese
- Mash white potatoes with nonfat milk, wasabi paste and fresh chives
- Roast red potatoes in a light coating of basil pesto and garlic
- Toss boiled potatoes with peas, sundried tomatoes and fresh basil
- Lightly coat potato wedges with olive oil and bake on a cookie sheet to make Skinny Fries

So get to know the healthy potato, it's naturally nutritious and always delicious.