



PACK A PUNCH OF HEALTH

potato

Potatoes are fat-free, sodium-free, cholesterol-free, high in vitamin C and are a good source of potassium.

Potatoes come in lots of varieties! Florida grows many different types of potatoes, from russet to red creamer; there is sure to be one to meet your needs! Adding more fruits and vegetables to your diet can help prevent coronary heart disease.

Did you know?

- Florida potatoes are available from January through June, with peak season months in March, April and May.
- When boiled, a single medium-sized potato contains about half the daily adult requirement of vitamin C, as well as significant amounts of iron, potassium and zinc.
- The potato is 80 percent water.
- Cooking a potato in its skin will help retain most of its nutrients.

Potatoes grow in all parts of Florida, but most are grown in the northwest part of the state.

Shopping, Preparing and Storing

- Avoid potatoes that feel soft or spongy or have any discoloration, bruises or blemishes. Do not buy potatoes that are showing signs of sprouting.
- Light and humidity are the two main factors to stay away from when storing potatoes.
- Fresh, whole potatoes should not be kept in the refrigerator. Only freeze potatoes after they are cooked.

Cooking Tips

- To keep potatoes from discoloring after they have been peeled or cut, place them in a bowl of cold water with a few drops of white vinegar.
- Be careful not to overmix or overcook potatoes because they can quickly become sticky and too starchy.

OVEN-FRIED POTATOES

- 2 large baking potatoes, cut into wedges**
- 1 tablespoon vegetable oil**
- 1 tablespoon lemon juice**
- Salt and pepper to taste**



1. Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil and spray with vegetable cooking spray.
2. In a shallow bowl, combine oil and lemon juice. Dip potatoes in oil/lemon mixture and season with salt and pepper, to taste. Place on baking sheet.
3. Bake in preheated oven for 20 minutes. Remove from oven and turn wedges over. Return to oven and continue cooking until crisp and brown on both sides, about 10 minutes more.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.