

Michigan Harvest of the Month



Michigan Nutrition Network at

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is **potato**



Health and Learning Success Go Hand-in-Hand

Healthy students focus, learn, and do better in the classroom. They are also less likely to miss school. Serve a variety of colorful fruits and vegetables every day to help your family be healthy. Michigan Harvest of the Month™ can provide you with ideas to help your family live a healthy, active lifestyle.

Produce Tips

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

Healthy Serving Ideas

- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, lowfat or nonfat milk, or 100% juice to your child.

For more ideas, visit:

www.saferoutesmichigan.org

OVEN WEDGE FRIES

Makes 4 servings. 1 cup each.

Cook time: 25 minutes

Ingredients:

- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika

1. Preheat oven to 400° F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

Nutrition information per serving:
Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*



Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

How Much Do I Need?

- A ½ cup of cooked potatoes is about one cupped handful. This is about the size of half of one medium potato.
- A ½ cup of cooked potatoes is a good source* of vitamin C.
- A ½ cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin.
- Niacin is a type of B-vitamin that helps make energy in your body.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables with every meal and snack will help you and your family reach your daily goals. Remember that all forms count toward your daily amount – fresh, frozen, canned, and dried.

*Good sources provide 10-19% Daily Value.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.