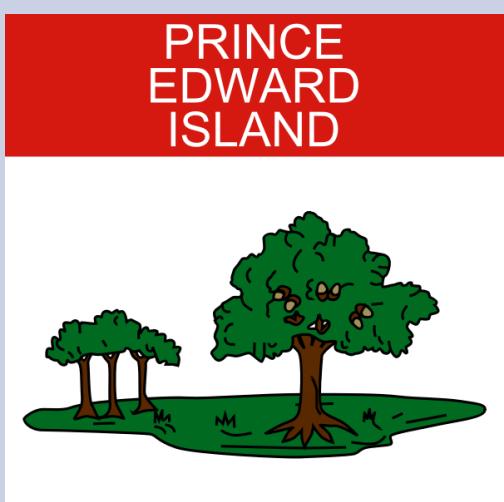


Foodie Friday

September is **National Potato Month!**

Let's talk about it.



Prince Edward Island produces the most potatoes in Canada.



The largest grown potato was 7 pounds.



Potatoes are vegetables.



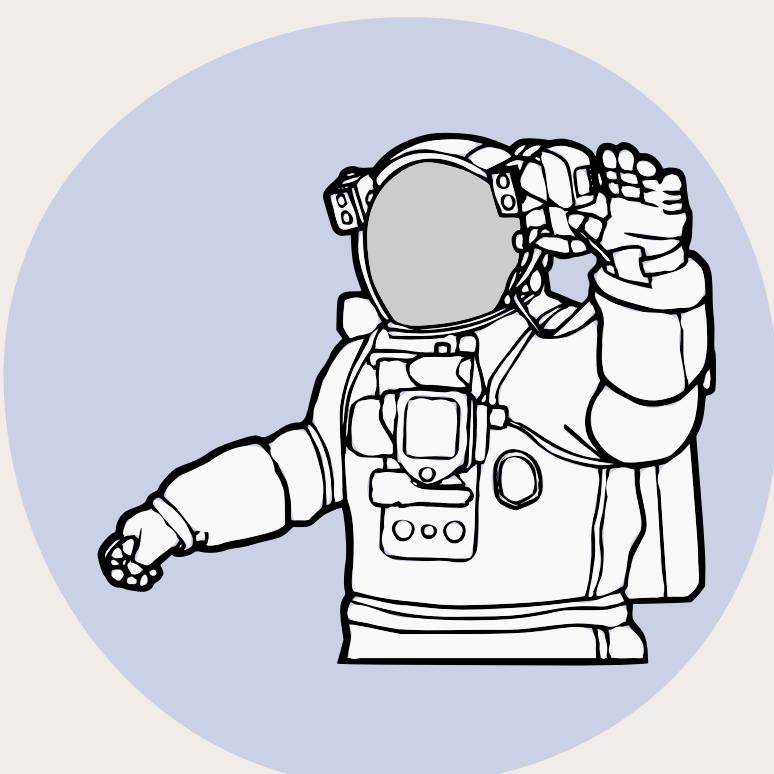
Did You Know?



Potatoes grow underground.



There are over 100 types of potatoes.



The first vegetable that was grown in outer space was the potato.

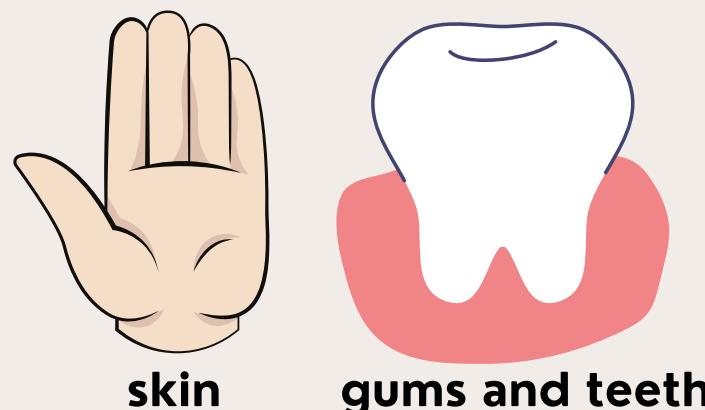
Nutrition

Nutrition Facts

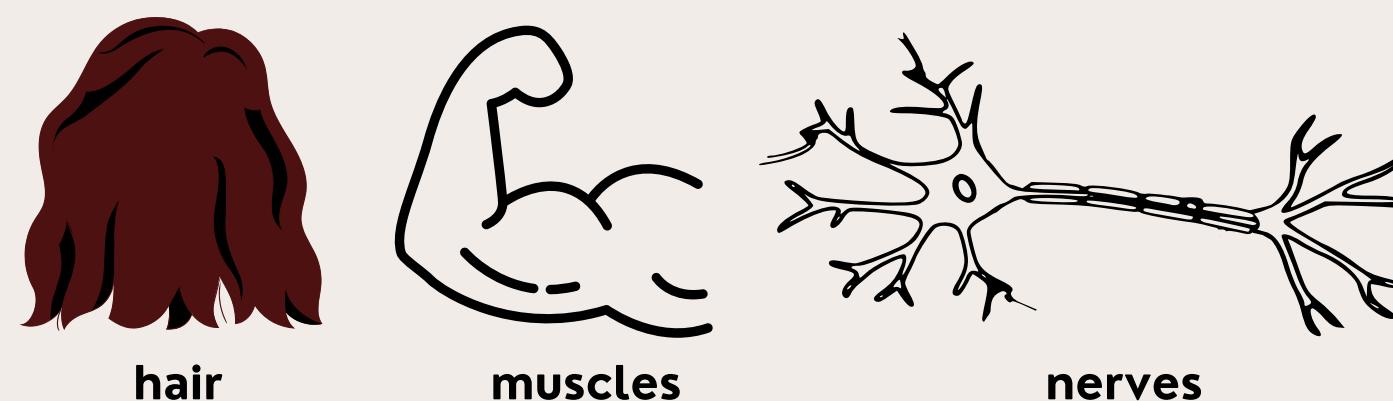
Serving size	1 Potato (150g)
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 1.3mg	8%
Potassium 572mg	10%
Vitamin C	20%
Phosphorus	6%
Magnesium	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Potatoes are an adequate source of vitamin C.



Potatoes are also a source of thiamin, niacin and vitamin B6.



Potatoes contain carbohydrates which are used as fuel for the body.

Recipes

Mashed Potatoes

Oven Baked French Fries

Potato Salad

Baked Potatoes

Sweet Potato Casserole

Au Gratin Potatoes

Roasted Potatoes

Baked Homemade Potato Chips

Click on each one for the recipe!