

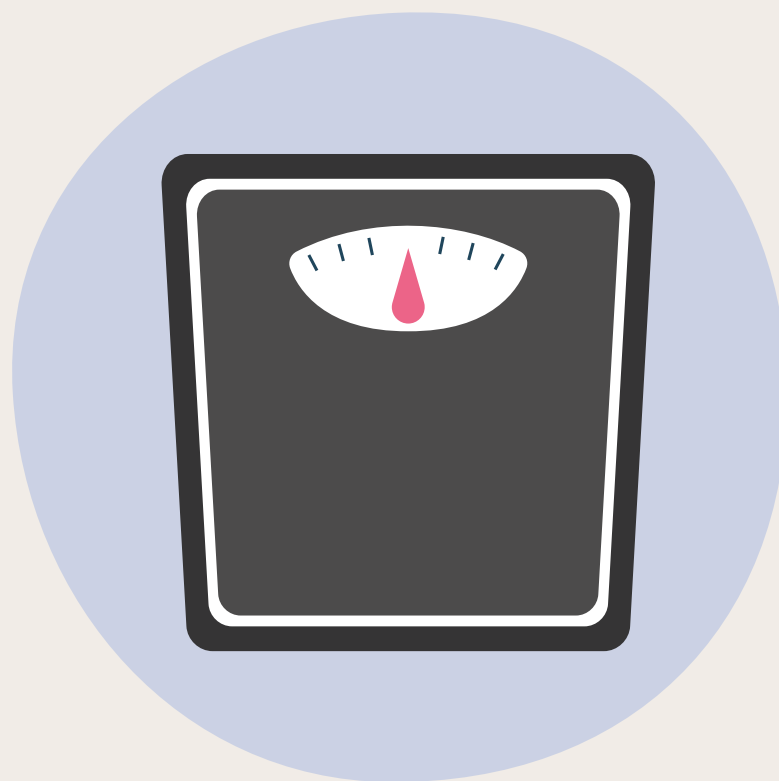
# Foodie Friday

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.**



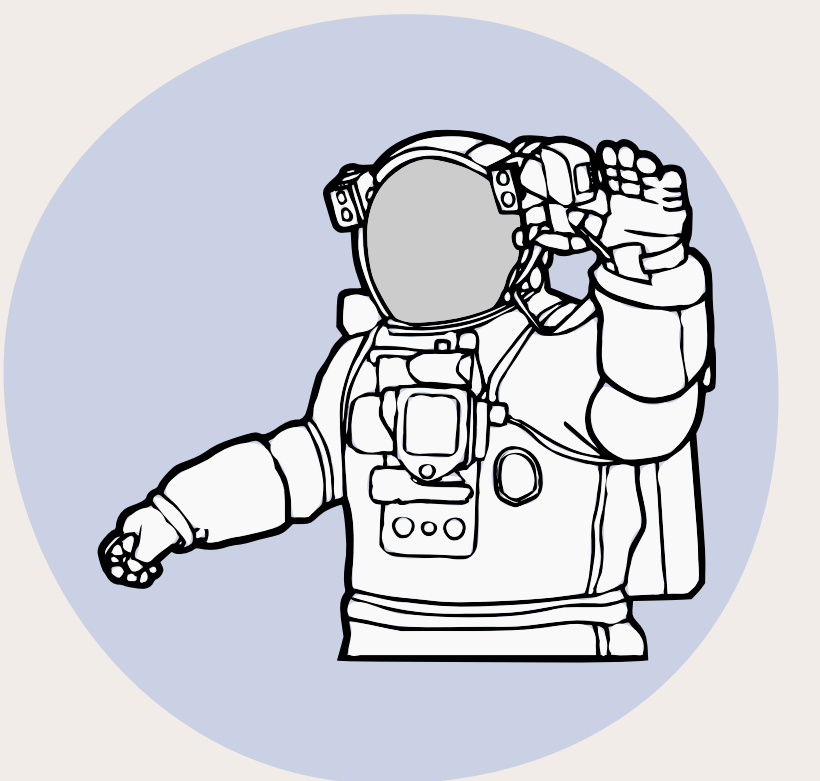
## **DID YOU KNOW?**



**Potatoes grow  
underground.**



**There are over  
100 types of  
potatoes.**



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

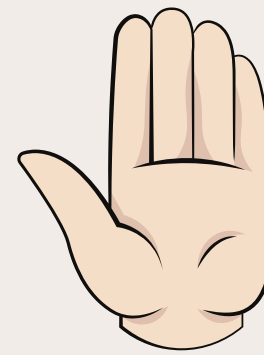
# Nutrition

## Nutrition Facts

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

\*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.



skin



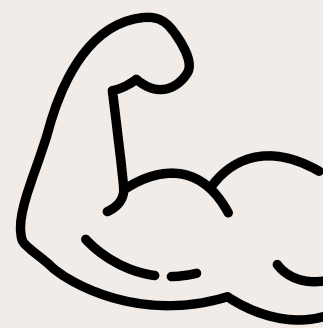
gums and teeth



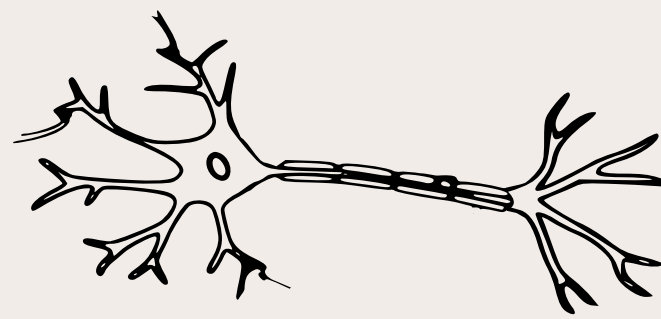
Potatoes are also a source of thiamin, niacin and vitamin B6.



hair



muscles



nerves



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!