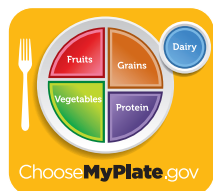


Enjoy Your Food



Just Eat Less



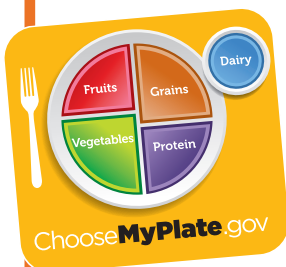
*Choose to eat less
& enjoy a healthy plate full of flavor!*

Enjoy the satisfaction of knowing your portion sizes are appropriate for YOU by visiting **ChooseMyPlate.gov** to get YOUR personalized meal plan.



Enjoy Your Food... Just Eat Less

The U.S. Department of Agriculture's newest food icon, MyPlate, recommends making half your plate fruits and vegetables with the remaining plate divided between lean protein and grains, especially whole grains. The white potato is a heart healthy, nutrient-dense vegetable, making it an excellent choice in the MyPlate food model.



The 2010 Dietary Guidelines have identified that potassium and dietary fiber are nutrients of public health concern, as most Americans are not meeting their needs for either one. A medium-sized, skin-on, baked white potato provides 926 milligrams of potassium (26% DV) and 3.8 grams of dietary fiber (15% DV). One would have to eat 2.2 medium bananas to equal the same amount of potassium in one serving of a similar-sized potato.

In addition to being good sources of magnesium, vitamin C, vitamin B6, and iron, the white potato is also an affordable vegetable. Ease of preparation, variety in meal planning, and a long shelf life make it the perfect food choice for budget-conscious families.

Balancing Calories to Manage Weight and Building Healthy Eating Patterns are two key points in MyPlate. All calories count, so controlling calories and increasing physical activity are essential for achieving and maintaining a healthy weight. Reducing calorie intake and/or burning 250 to 500 calories a day through physical activity is a realistic goal to support gradual weight loss and long-term lifestyle improvements.

By modifying portions and adjusting the balance per MyPlate recommendations, you can still enjoy your favorite foods. Including oven-baked potato fries to a meal, adds potassium and dietary fiber, helping to better meet Dietary Guidelines. This simple change demonstrates that you can maintain a healthy weight by choosing to eat less and enjoy a healthy plate that's full of flavor and packed with good nutrition.

Visit ChooseMyPlate.gov for personalized daily food and exercise plans.

