

Make a **PERFECT PLATE** *with Potatoes*

Add 1 Serving of Low-Fat Dairy



$\frac{1}{2}$ Fruit and Vegetables



$\frac{1}{4}$ Whole Grains



$\frac{1}{4}$ Lean Protein



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Make Half Your Plate Fruits and Vegetables

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Dietary Fiber Content of Commonly Consumed Vegetables



U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 24.

Potassium Content of Commonly Consumed Fruits and Vegetables



Data are from USDA, Agricultural Research Service, National Nutrient Database for Standard Reference, Release 25. July 2013.

Make Potatoes Part of Your Perfect Plate

Potatoes in all forms are an important part of USDA's MyPlate.

Potatoes are an easy, affordable and naturally delicious way to meet the U.S. Department of Agriculture's goal of **making half your plate fruits and vegetables**. The 2010 *Dietary Guidelines for Americans* recommend 2-8 cups of starchy vegetables each week, depending on caloric needs, to achieve a well-balanced diet. Whether baked, roasted, mashed or fried, white potatoes offer a nutrient-rich vegetable option that make a plate great for all ages.

Studies show that potatoes in all forms provide important amounts of shortfall nutrients. Most (97%) of Americans do not have an adequate intake of potassium and 95% do not have an adequate intake of dietary fiber. **Potatoes are a great way to add these key nutrients** of concern to the plate.

As these infographics show, on an equal weight basis, the white potato in all forms provides **as much fiber and more potassium** than other commonly consumed vegetables or fruit. In fact, a medium skin-on baked potato provides more potassium than a banana.



Alliance for Potato
Research & Education

For more of the latest on potato nutrition science and how potatoes contribute to your perfect plate, visit www.apre.org.



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creating your own
perfect plate.