**POTATOES**

**Eat the Rainbow!**

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Potatoes can be found in the red, yellow/orange, white/tan/brown and blue/purple color groups. Look at the chart below to learn how these color groups help your body.

<table>
<thead>
<tr>
<th>Color Group:</th>
<th>This color group helps maintain:</th>
<th>Potatoes in this color group are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>A healthy heart and memory function</td>
<td>Red potatoes</td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td>A healthy heart, vision and immune system.</td>
<td>Red Gold potatoes, Yukon Gold potatoes, Yellow Finn potatoes</td>
</tr>
<tr>
<td>White/Tan/Brown</td>
<td>A healthy immune system and healthy cholesterol levels.</td>
<td>White potatoes, Russet potatoes</td>
</tr>
<tr>
<td>Blue/Purple</td>
<td>Healthy aging and memory function</td>
<td>Purple potatoes</td>
</tr>
</tbody>
</table>

**Shop for Colors!**

Find the fruits and vegetables that are hiding in this puzzle: apples, apricots, avocado, carrot, corn, peas, potatoes, raisins, spinach. Look for them on your next visit to the grocery store or farmers’ market.

**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

**Source:** [www.nutritiondata.com](http://www.nutritiondata.com)

**Recommended Daily Amount of Vegetables**

<table>
<thead>
<tr>
<th>Ages</th>
<th>2 - 5</th>
<th>6 - 8</th>
<th>9 - 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
<td>1 - 2 cups</td>
<td>1.5 - 2.5 cups</td>
<td>1.5 - 3 cups</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day.
Visit [www.mypyramid.gov](http://www.mypyramid.gov) for an individual food plan.

---

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative. Growing Healthy Kids is coordinated by the Community Health Improvement Department with financial support from the York Hospital Auxiliary and the GETWURDS Hospital Foundation.

Permission to adapt and reproduce this material for educational purposes has been granted by the California Department of Public Health’s Network for a Healthy California. Original development was made possible by funds from the USDA Food Stamp Program. These institutions are equal opportunity providers and employers.

Adapted from: Produce for Better Health Foundation, 2005.