

The Power of Potatoes

- **More than 90% of kids are not eating enough vegetables.**
- **Baked and mashed potatoes are a “delivery system” to help kids eat other vegetables.**

Compared to a sample school menu that meets the USDA’s proposed rules,* this week’s worth of meals delivers:

- ✓ **less fat**
- ✓ **more potassium**
- ✓ **the same calories, sodium and fiber**

Yet, this menu will NOT be allowed under the proposed rules.

Why? Because the vegetable servings of potatoes and corn exceed 1 cup.

Potatoes deliver a good source (10% DV) of eight nutrients including potassium and dietary fiber

Keep potatoes on the plate!

