

# Sweet Potato

Vs.

# Russet Potato



## Calories

114 kcal per cup

## Vitamins & Minerals

- Excellent Source of Vitamin A
- Good Source of Potassium and Vitamin B6

## Average Cost

\$0.74 per pound

Getting to the  
root of things...



## Calories

118 kcal per cup

## Vitamins & Minerals

- Excellent Source of Vitamin B6
- Good Source of Potassium and Vitamin C

## Average Cost

\$0.78 per pound



How should you load your potato?

Limit large amounts of:

- Salt
- Butter
- Cheese
- Red meat
- Sour cream
- Bacon



-Sauces and dressings- buffalo sauce, ranch dressing, ketchup



Choose a variety of healthy options:

- Fresh herbs
- Low Fat sour cream or Greek yogurt
- Lean meats- such as chicken or salmon
- Vegetables: broccoli, spinach, mushrooms, avocado, tomatoes, peppers, and more!
- Nuts (no more than 1/4 cup)
- Beans

