

# ALL ABOUT POTATOES



## HEALTH BENEFITS OF POTATOES

Potatoes are full of nutrients like vitamins C and B6, potassium, and fiber. They give you energy because they are high in carbohydrates.



Nutrition Facts	
Portion Size	100 g
Amount Per Portion	
<b>Calories</b>	<b>77</b>
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 6mg	0 %
Total Carbohydrate 17g	6 %
Dietary Fiber 2.1g	8 %
Sugar 0.8g	
Protein 2.1g	4 %
Vitamin D 0mcg	0 %
Calcium 12mg	1 %
Iron 0.8mg	4 %
Potassium 425mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

## WHAT ARE POTATOES?

A potato is a vegetable that grows underground. It's a type of root called a tuber.

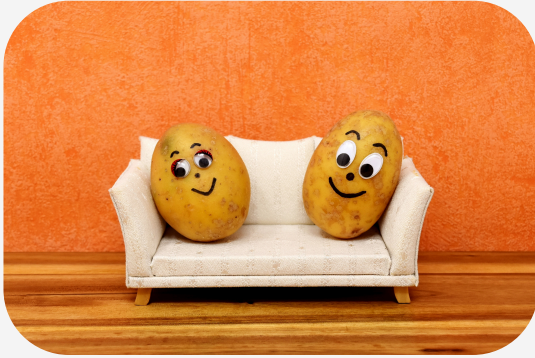
## WHERE DO POTATOES COME FROM?

Potatoes originally come from the Andes Mountains in South America. They were first grown in countries like Peru and Bolivia over 7,000 years ago!





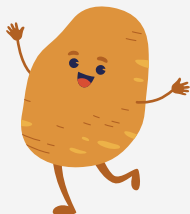
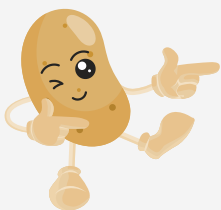
*delicious!*



## FUN FACTS

- There are over 4,000 different types of potatoes around the world.
- The world's largest potato weighed 18 pounds—about the size of a small dog!
- Potatoes are used to make lots of tasty foods, like chips, mashed potatoes, and tater tots.
- Did you know astronauts have grown potatoes in space? They're easy to grow and make a great space food!
- During the gold rush, potatoes were so valuable that they were worth more than gold in some places.
- Celebrate your love for potatoes on August 19th, National Potato Day.

**WHAT DO YOU CALL BABY POTATOES?**  
**TATER TOTS.**



## POTATOES IN SOUTH DAKOTA

South Dakota, mostly the northeastern region, has a significant potato industry, with Clark, SD, even known as the "Potato Capital". The state grows various potato types, including red, yellow, and russet varieties, and celebrates its potato heritage with events like "Potato Days". Potato Days are held the first weekend in August in Clark, SD.

## DIFFERENT TYPES OF POTATOES

- Russet Potatoes: These are the brown potatoes used for baked potatoes and French fries.
- Red Potatoes: Smaller and red-skinned, perfect for boiling or roasting.
- Sweet Potatoes: Although not technically the same as regular potatoes, they are sweeter and often orange inside!

