

# Potato

## nutrition trivia

1) Which of these contains the most potassium per serving?

- 1) Bananas
- 2) Spinach
- 3) Potatoes
- 4) Broccoli

2) Which of these will you find in a potato?

- 1) Fat
- 2) Fiber
- 3) Gluten
- 4) Cholesterol

3) Potatoes are an excellent source of which vitamin?

- 1) Vitamin C
- 2) Vitamin D
- 3) Vitamin E
- 4) Vitamin K

4) How many calories does a medium (5.3 ounce potato with skin) have?

- 1) 110
- 2) 140
- 3) 170
- 4) 200

5) How can potatoes be prepared?

- 1) Microwaved
- 2) Grilled
- 3) Baked
- 4) Boiled
- 5) All of the above

### ANSWERS:

1) 3-Potatoes with skin provide 620 milligrams or 18% of the recommended daily value of potassium per serving! 2) 2-Potatoes are naturally free of fat, gluten and cholesterol, but one medium potato (5.3 ounces with skin) contains 8% of the recommended daily value of fiber. 3) 1-One medium potato contains 45% of the daily value for vitamin C! It contains 10% of the daily value of vitamin B6 as well! 4) 1-The potato itself has only 110 calories! Just make sure to top it with healthy ingredients to keep it lean! Try salsa or greek yogurt! 5) 5-Potatoes can be prepared many different ways! Check out the collection of recipes on our website for inspiration! We also feature a monthly recipe on our newsletter! Sign up to receive it at: [coloradopotato.org/newsletter](http://coloradopotato.org/newsletter)

For More Recipes & Nutrition Information:  
**VISIT COLORADOPOTATO.ORG**



**Colorado**  
SAN LUIS VALLEY  
POTATOES

# potato STAMPING

## YOU WILL NEED:

- Potatoes
- Paper
- Paint
- Knife and Cutting Board (with adult assistance)
- Plates or Bowls to hold paint
- Brushes (optional)

## INSTRUCTIONS:

- 1) Wash potatoes.
- 2) Have an adult cut the potato. If you want to leave a handle for easy dipping, cut the potato in half. If you want more shapes to stamp, cut it into slices.
- 3) Draw a design into the potato, either freehand or using a stencil.
- 4) Have an adult cut out your shapes.
- 5) Either dip potatoes into paint or use a brush to paint on the color.
- 6) Use your potato stamps to create a picture!



CHECK OUT THE VIDEO AT:  
[COLORADOPOTATO.ORG/POTATOSTAMPING](http://COLORADOPOTATO.ORG/POTATOSTAMPING)

## Colorado Potato Tip:

Cut out Halloween shapes (ghosts, pumpkins, bats, etc.) and use the stamps to make Halloween decorations! You can even decorate a potato instead of a pumpkin!

