**Healthy Serving Ideas**

- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, lowfat or nonfat milk, or 100% juice to your child.

**OVEN WEDGE FRIES**

Makes 4 servings. 1 cup each.  
Cook time: 25 minutes

**Ingredients:**
- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika

1. Preheat oven to 400° F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

**Nutrition information per serving:**
- Calories 146
- Carbohydrate 33 g
- Dietary Fiber 4 g
- Protein 4 g
- Total Fat 1 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 22 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

**Let’s Get Physical!**

- Find a safe walking or biking route to your child’s school.
- Make arrangements with other parents to take turns walking (or biking) students to and from school.
- Contact your local parks and recreation department to find out about any free or low-cost activities they offer.

For more ideas, visit: www.saferoutesmichigan.org

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: ⅓ cup potato, cooked (78g)</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
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</tr>
<tr>
<td>Trans Fat 0g</td>
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<td></td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 3mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 16g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>6%</td>
<td></td>
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<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
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<tr>
<td>Protein 1g</td>
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</tbody>
</table>

Vitamin A 0%  Calcium 0%

Vitamin C 17%  Iron 1%

**How Much Do I Need?**

- A ½ cup of cooked potatoes is about one cupped handful. This is about the size of half of one medium potato.
- A ½ cup of cooked potatoes is a good source* of vitamin C.
- A ½ cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin.
- Niacin is a type of B-vitamin that helps make energy in your body.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables with every meal and snack will help you and your family reach your daily goals. Remember that all forms count toward your daily amount – fresh, frozen, canned, and dried.

*Good sources provide 10-19% Daily Value.

**Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td></td>
</tr>
<tr>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

**Produce Tips**

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

**Health and Learning Success Go Hand-in-Hand**

Healthy students focus, learn, and do better in the classroom. They are also less likely to miss school. Serve a variety of colorful fruits and vegetables every day to help your family be healthy. Michigan Harvest of the Month™ can provide you with ideas to help your family live a healthy, active lifestyle.