

Maine Potato Nutrition Facts

Learning how to read a nutrition label is fun!! Let's read a nutrition label using a Maine potato.



1. Start by reading the serving size and servings per container.
 - o Draw an arrow from here to the serving size on the label.
2. Check how many calories there are. Calories show how much energy you can get from eating a potato.
 - o Draw an arrow from here to the number of calories on the label.
 - o How many calories can you get from eating this potato? _____
3. There are nutrients you should get plenty of! Some of these nutrients can reduce risk of disease!
 - o Draw an arrow from here to the amount of Potassium listed on the label.
 - o What is the percentage of potassium in a potato? _____
4. You can eat too much of some nutrients. Fat, cholesterol, and sodium are examples. Will you eat too many of these? (Circle one) Yes or No
 - o Draw 3 arrows from here to the amount of fat, cholesterol and sodium on the label.
 - o How much fat, cholesterol, and sodium does a potato have?

Take a look at some nutrients in potatoes that help your body stay healthy!

Calories	Potassium	Carbohydrates	Vitamin C
A measurement unit for how the body burns energy. How many calories food has is how much energy your body uses from eating it.	Helps send nerve impulses to muscles, and helps regulate blood pressure.	Found in starch, sugar, and fiber. It is one of the main sources of energy for the body.	A nutrient needed for growth and healing. Potatoes are loaded with Vitamin C!

Write one sentence about how eating healthy Maine potatoes can affect you.
