Sweet Potato Vs. Russet Potato

Getting to the root of things...

Sweet 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

Russet Potato

- 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


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