



## Child Nutrition Corner-Food Inspires

Our January/February promotion is titled “Make Your Day SPUD-tacular.”

Here are some fun facts about potatoes:

1. A potato is a vegetable obtained from the roots of a plant (Solanum genus).
2. A potato is also known as a spud.
3. Potatoes come in a wide variety of colors, including but not limited to brown, yellow, red and pink.
4. Potatoes are considered a domesticated crop plant.
5. Potatoes are believed to have been domesticated between 7,000 and 10,000 years ago.
6. The growth of a potato plant is divided into five phases.
7. There are over 4,000 different types of potatoes produced around the world.
8. According to FAOSTAT (Food and Agricultural Organization statistics), the world produced over 415 million tons of potatoes in 2016.
9. According to FAOSTAT, the largest producer of potatoes in 2016 was China with over 109 million tons.
10. According to FAOSTAT, over 100 countries worldwide individually produced more than 100,000 tons of potatoes in 2016.
11. One medium potato (213 grams) contains 147 calories, no fat, no cholesterol, 34 milligrams of sodium, 34 grams of carbohydrates, 5 grams of dietary fiber, 3 grams of sugar, 4 grams of protein, 20 milligrams of calcium, 1 milligram of iron and 865 milligrams of potassium.
12. Potatoes can be eaten peeled or with the skin on, cut up into pieces or whole and with or without seasoning.
13. Common ways potatoes are cooked and served are baked, boiled, mashed or as hash browns or French fries.
14. Potatoes are used as feed for livestock.
15. Potatoes can be used as a binder and thickener for soups, sauces and other food products.
16. Potatoes can be used as an adhesive in the textile industry.
17. A mold known as late blight (*Phytophthora infestans*) has plagued potato growth in the USA and Europe.
18. The potato was the first vegetable grown in space aboard the Space Shuttle Columbia in October 1995.

19. According to the Guinness World Records the heaviest potato ever grown weighed 10 pounds and 14 ounces. It was grown in the United Kingdom by Peter Glazebrook.



**Homelink:** <https://www.factsjustforkids.com/food-facts/potato-facts-for-kids.html>

We offer potatoes in a variety of ways and will highlight them in January and February.  
**So make today “SPUD-tacular!”**

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