Sweet Potato vs. Russet Potato

Getting to the root of things...

**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

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**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

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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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