

off the shelf

Potatoes

Our nutrition expert looked at different potato products in the grocery store, and here's what she found.

BY CARA ROSENBLOOM, RD

Note: All of these options are low in sodium and high in potassium, which may help protect against high blood pressure. Potatoes are also high in antioxidants and fibre.



POTATO FROM THE PRODUCE AISLE

- Half medium-size (87 g): 81 calories, 0 g fat (0 g saturated fat), 19 g carb, 2 g fibre, 2 g protein, 8 mg sodium
- Contains 10 per cent of your daily vitamin C requirement
- The fat and calorie content increases if you add butter or sour cream
- The fibre in potatoes is mostly in the skin

ALEXIA SWEET POTATOES

- 12 pieces (85 g): 160 calories, 6 g fat (0.5 g saturated fat), 24 g carb, 3 g fibre, 2 g protein, 140 mg sodium
- Contains 30 per cent of your daily vitamin A and 10 per cent of vitamin C requirements
- The fat comes from healthy oils, such as sunflower and canola
- Have less fat than regular fries, and no trans fat

EUROPE'S BEST FIRST HARVEST BABY POTATOES

- 11 pieces (110 g): 110 calories, 0.1 g fat (0 g saturated fat), 24 g carb, 3 g fibre, 3 g protein, 10 mg sodium
- Contains 25 per cent of your daily vitamin C requirement
- Fat-free and low in sodium
- Pre-cooked; heats in four minutes
- Can be used to make potato salad

MCCAIN PURELY POTATOES SWEET POTATO CHUNKS

- 1 cup frozen (110 g): 50 calories, 0.2 g fat (0 g saturated fat), 12 g carb, 2 g fibre, 1 g protein, 20 mg sodium
- Contains 30 per cent of your daily vitamin A requirement
- Fat-free and low in sodium
- Prewashed, peeled and diced; can be used to make roasted or mashed potatoes



LESSONS IN WEIGHT LOSS: WHOLE-LIFE MAKEOVER - MONTH 9

- **Dawn Burns** has reached her goal weight of 167 pounds (down from her starting weight of 190 pounds) and learned that "I can do what I set my mind out to do – and then some." Dawn says adding regular exercise to her life has made the biggest impact. "Every time my fitness trainer gave me a new program of exercises, I'd think, He's crazy. The first time I would do the exercises, they would be really hard. But then it got easier. So push yourself to that point where you don't think you can do it – and then do it. The next time will be easier."
- **Liz Pappas** is frustrated because she's not losing weight as fast as she'd like to. "I've had to learn to cut myself some slack and make small changes," she says. For example, Liz is now more aware of how much she eats, because portion control has been her biggest hurdle. If she can't get to the gym one day, she doesn't write off the whole week, as she used to. "I try to fit in a visit the next day and if there isn't a class I like, I work out on stationary equipment." Liz is also trying hard to kick her smoking habit. Every time she feels like smoking, she says she "thinks long and hard about whether I really want a cigarette."

– Ylva Van Buuren

PHOTOGRAPHY: LUIS ALBUQUERQUE (TOP); THINKSTOCK; NANCY FALCONI