



# Sweet Potato

Sweet potatoes are a healthy buy - high in nutrition and low in cost.

Averaging about \$1 per pound, sweet potatoes are an inexpensive snack or side.

On top of that, they are rich in Vitamin A, Vitamin C, and a good source of fiber and potassium.



## Selection

Look for sweet potatoes that are dark orange, firm, and free of bruises, sprouts, and gashes.

## Keep 'Em Cool!

Sweet potatoes will last up to a month when stored in a cool (50°-60°F), dark place—just not the refrigerator.

## Mashed Sweet Potatoes

- 1 Wash** a large sweet potato under cool, running water.
- 2 Prick** the skin with a fork 5 to 7 times.
- 3 Wrap** in a damp paper towel and place on a microwave-safe plate.
- 4 Cook** for 5 to 8 minutes, flipping halfway through. Cooking times will vary depending on the size of the sweet potato.
- 5** After cooking, remove the paper towel and let sweet potato **cool** for several minutes.
- 6 Slice** in half, mash with a fork and season as desired.



Sweet potatoes can be boiled, baked or microwaved.

## Keep Trying

It takes time—as many as 15 to 20 tries—for kids to enjoy foods that are new to them. Offer unfamiliar fruits and vegetables more than once and prepare them in different ways. Eventually, your kids may surprise you and ask for more.

Source: Ellyn Satter Institute

Pick a better snack™



[www.mainesnap-ed.org](http://www.mainesnap-ed.org)

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact [mainesnaped@une.edu](mailto:mainesnaped@une.edu) or 207-221-4560 for more information.



Materials were adapted, with permission, from the Iowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.

# Carrot

Choose carrots which are a dark orange in color. More beta-carotene is present in carrots which have a dark orange color.



**Carrots are grown in Maine!**

Carrots are vegetables which grow in the ground as taproots (main roots of a plant).

## Varieties

The variety of carrots usually found in supermarkets is 7 to 9 inches long and  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches in diameter. Baby carrots were once longer carrots that have been peeled, trimmed, and packaged. There are many other varieties of carrots with colors including white, yellow, red, and purple.

## Uses

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups, and stews or shred and bake them into cakes or breads.

**Carrots are available all year long!**

## Nutrition Facts:

- Fat free
- Cholesterol free
- Good source of fiber
- High in beta-carotene
- High in vitamin A

# Radish

Choose smooth, brightly colored, medium sized radishes. Attached tops should be green and fresh looking.

The radish is a root vegetable which is most commonly eaten raw and usually packs a sharp flavor. The skin of a radish might be white, yellow, pink, red, purple, or even black, but the flesh is usually white.



**Radishes are grown in Maine!**

## Varieties

There are many different sizes, shapes, and colors of radishes. Common names include cherry belle (most common), sparkler, and daikon.

## Uses

Radishes can be eaten raw, cooked, or even pickled! Radishes taste great in all types of salads and can even be used as a garnish with soups!

## How to Store

To keep radishes fresh, refrigerate them in a plastic bag and use within 1 week. Remove tops before storing.

**Radishes are very easy for gardeners to grow!**

## Nutrition Facts:

- Fat free
- Cholesterol free
- Low sodium
- Low calorie
- Rich in vitamin C