

# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

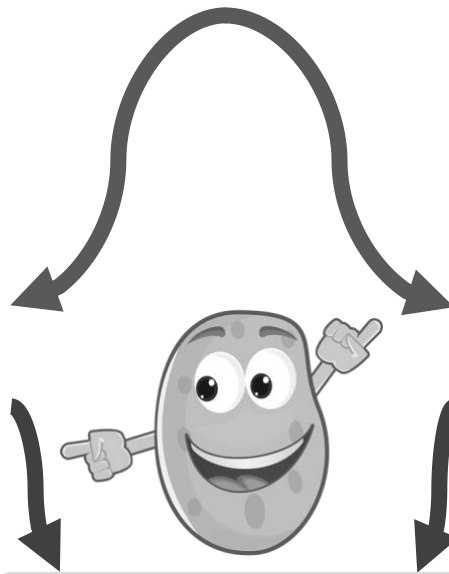
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Team Potato or Team Sweet Potato?

Have you ever ordered sweet potato fries in an attempt to be healthy? While sweet potatoes have a higher micronutrient content than white potatoes, when thrown in the deep fryer, both options share a similar nutritional value. Instead of pitting one potato against the other, let's break it down to the basics and see which potato is the best fit for your needs.

#### Sweet Potatoes are...

- High in fiber which is vital for digestive health
- Packed with antioxidants, such as beta-carotene, which can protect against chronic disease
- Provide a sweet flavor without any added ingredients



#### White Potatoes are...

- A good source of starch for energy
- A good source of potassium, which can help with blood pressure regulation
- A staple food in many different cultures
- Extremely versatile to pair with vegetables or a variety of flavor profiles

Both are equally delicious!

You can create a well-balanced nutritious meal from the dining hall with:  
A lean protein source, a vegetable of your choice, a healthy fat, and...

- White potatoes: roasted, mashed, baked, or hashed with garlic and paprika
- Sweet potatoes: mashed, baked, roasted with cinnamon

*We hope you found this spud-tacular!*

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References: *FoodData Central: Potatoes, white, flesh and skin, baked* Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170434/nutrients>. Accessed on: Oct. 18, 2021. *FoodData Central: Sweet potato, cooked, baked in skin, flesh, without salt* Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168483/nutrients>. Accessed on: Oct. 18, 2021.

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