

Profile Your Potato

Step 1: Write down the name of the toppings you chose for your baked potato including the amounts.



Toppings	Amounts

Step 2: Find out how nutritious your topped spud was by going to: <https://www.supertracker.usda.gov/default.aspx>.

Once there, set up a profile and click on “My Recipe” and follow the instructions for adding ingredients and amounts.

When finished, click on “My Recipe Details” and then “Nutrient Details”. Export this chart as a PDF file, save and print. Attach your print out to this paper.

Step 3: How nutrient dense was your potato? Explain how well your selections incorporated the six essential nutrients. Use your print out to help you explain and support your response. If you are missing any of the six essential nutrients, explain how you might be able to include them the next time. Attach your response to this paper.

Remember to include:

- Topic Sentence
- Explanation of each of the six nutrients: Carbohydrates, Fats, Proteins, Vitamins: A & C specifically, Minerals: Iron & Calcium, and Water.
- Identify and explain any missing nutrients and how you could include them.
- Concluding Sentence.
- Be sure to proofread carefully for spelling, grammar and punctuation.

