

If you were cutting down on calories what would you cut out first?

The potato. Right?

Wrong.

With only 110 calories plus about 40 more with a pat of butter, this medium-size potato actually has the fewest calories of any food in this meal.

And for its calories, the potato offers an excellent nutritional return. Like other fruits and vegetables, it contains lots of Vitamin C, plus certain other vitamins and minerals most of us need more of—like B6 and iron. That's good news for both dieters and people concerned about nutrition.

Most important, the potato has absolutely no cholesterol and virtually no fat. And eliminating fat, not foods, is one of the best ways to get good nutrition while still cutting calories. For example, trim just one ounce of fat from the six-ounce steak to eliminate about 250 of its 700 calories. Or use just one tablespoon of dressing, instead of two, to save 80 calories from the 175 in the cup of salad. And drink eight ounces of low-fat milk to cut 15 calories from the 160 in whole milk.*

So if you're cutting down on calories, just cut down on the fat. But whatever you do, don't cut the potato from your meal. After all, you can't cut the fat if there isn't any to cut.

Right?

