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[www.choosemyplate.gov](http://www.choosemyplate.gov) - the graphic representation of the Dietary Guidelines for Americans - gives vegetables a very special place at the table. We are all encouraged to enjoy more than a quarter of our daily food intake from a ...

### **Nutrition Facts - Potatoes.com**

The DASH diet is characterized by a low-

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fat content (27% of daily calorie intake from fat), especially saturated fats (6% of energy) and dietary cholesterol (150 mg/d approximately), and reduced sodium content (from 1500 to 2300 mg/day), but it is rich in fiber (>30 g/day), potassium, magnesium and calcium compared to other dietary patterns [55 ...

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