

What's on Your Spud? Directions

Start by putting a whole, plain baked potato on the table.

Ask:

- Do you eat baked potatoes?
- What do you usually put on top? As participants name a topper, put a Nutrition Facts Card for the topper by the potato, for example:
 - butter or margarine
 - sour cream
 - bacon
 - gravy
 - cheddar cheese shreds
 - salsa
 - vegetarian chili
- Except for salsa and chili, what do the other potato toppers have in common? (*They are full of flavor and high in both calories and fat. Most are high in saturated fat.*)

Challenge their thinking.

Keep the discussion open-ended so participants talk freely, and everyone gets a chance to share his or her thoughts.

- Suppose you want a topping for your baked potato that tastes great and has less fat. How will you make your decision?
- How can you cut down on fat? (*Use high-fat topping less often or in smaller amounts.*)
- Why does less fat matter to you?
- Will it be important to anyone in your family?
- How about your friends? Why?
- Where can you find the amounts of the different fats in foods?

Adapted from The Power of Choice: USDA, DHHS