



# Pick of the Month!

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## SWEET POTATOES

- Sweet potatoes were grown in Peru as early as 750 B.C.
- Native Americans were growing sweet potatoes when Christopher Columbus arrived in 1492.
- Sweet potatoes are among the most nutritious food in the vegetable food group.
- Sweet potatoes are a good source of calcium, potassium, vitamins A & C.

## BANANAS

- There are over 500 varieties of bananas in the world.
- Bananas are grown and harvested year round.
- Bananas are high in potassium. Potassium is good for your heart and kidneys.
- Bananas are also a good source of vitamin C and fiber.

## GOING BANANAS!

Try peeling a banana from the bottom like a monkey.

Peeling the banana from the bottom helps keep the strings attached to the banana.

Now there is no need to have the added step of string removal!



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