

# The San Diego Union-Tribune

PORTION PATROL: POTATO SALAD

## Ingredients can fit food pyramid, but watch the mayo

November 7, 2006

Today's favorite food: San Diego's year-round weather makes weekend barbecues and picnics possible. Nothing goes better with burgers and hot dogs than a heaping spoonful of potato salad. Before you pile on that mountainous portion, be sure you know what you're getting yourself into.

“Potato salad is not a great choice unless, of course, it is not drenched in mayonnaise – or you can stick to a small portion,” says **Lisa Young, Ph.D., R.D.**, author of *“The Portion Teller.”* Still, if you have a hankering for a hearty side dish, you don't have to leave your plate half empty.



“A serving of pasta salad in a light Italian dressing is a better choice,” **Young** adds.

Miami Herald  
Potato salad is a perennial barbecue favorite.

Though potatoes fall into the vegetable category of the food pyramid, the government does not list the picnic treat among its top food choices. Still, one potato counts as one cup of starchy vegetables; adults are recommended to consume 2 1/2 to 3 cups of vegetables each day.

Depending on the ingredients in the potato salad – many have celery, carrots, egg, onion, pickles, or even fruit and nuts – other categories of the food pyramid may be satisfied with a serving. Just be sure to keep it small.

New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid. But with help visualizing portion sizes, at least some of the mystery surrounding your favorite foods can be solved. Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for more information.

Nutrition source: CalorieKing.com

One serving potato salad = one-half cup = one-half baseball

Calories: 216

Carbohydrates: 17 g

Fat: 15 g

Protein: 3 g

One serving pasta salad = one-half cup = one-half baseball

Calories: 197

Carbohydrates: 19 g

Fat: 11 g

Protein: 6 g

*–CHRISTINA ORLOVSKY*