



Nutrition Program Menu

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Friendship Site
Telephone
Numbers

Beacon
838-4871

East Fishkill
226-3605

Millerton
518-789-3081

Poughkeepsie
486-2804

Rhinebeck
876-8134

South Amenia
373-4305

Tri-Town
486-6363

Dear Friends,

I hope you are enjoying the crisp, cool weather that is the hallmark of this, my favorite time of year. With the holidays right around the corner, I can't help but think of Thanksgiving and Christmas foods like one of my personal favorites: potatoes.

One baked potato with its skin covers over 25% of a normal person's daily value of vitamin C and over 20% of vitamin B6. It also contains almost 20% of one's daily copper intake. Vitamin C helps keep the body's immune system functioning correctly, and also is responsible for protecting against cardiovascular disease, prenatal health issues, and eye problems.

Vitamin B6, also known as Pyridoxine, works to process amino acids, which are needed to create proteins, some hormones, and several neurotransmitters. It also helps regulate the body's mental processes, including mood changes.

Copper is important to the body because of its aid in iron metabolism. Enzymes, which oxidize iron and allow it to transfer protein throughout the body, require copper in order to function.

As long as they are cooked right, potatoes are a simple and abundant source of good nutrition!

Sincerely,

Mary Kaye Dolan, Director
Dutchess County Division of Aging Services

Mary Kaye Dolan
Director



William R. Steinhaus
County Executive