



BROOKLYN_BORN

[Change Banner Image](#)

154,981
SparkPoints



- [Info](#)
- [Photos](#)
- [Feed](#)
- [Blogs](#)
- [Awards](#)
- [More](#) ▼

The super-sized potatoes vs the info on the bag

Thursday, January 03, 2013

Last week I bought a 10 lb bag of Russet baking potatoes. They were on sale; we were expecting family during holidays, and we are descended from sturdy, potato eating, peasant stock. I was surprised to see nutritional information printed on the bag. I suppose in the "low carb" era, it was understandable that the company would want to tout the healthfulness of their product.

Only 110 calories per potato, read the information on the chart, for a 5.3 oz potato. The other nutrients also indicated a very healthy food choice. As a life-long consumer of carbs, a lot of them from baked potatoes, those numbers seemed low to me. Then, I weighed a few of the "spuds" in the bag.

Most looked like this.



14.2 oz which translates to 295 calories.

The smallest potato was this one

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)



10.6 oz - exactly twice as large as the one described on the bag – 220 calories.

Of course, this is before any butter, sour cream or toppings are added.

There was no deception here. Everything was clearly and appropriately labeled. Yet, when have I ever seen BAKING potatoes half this size? Are potatoes growing larger along with everything else?

The lesson learned here is to be vigilant. I love my food scale. It keeps me honest.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



HPSANDDOLLAR
Helpful.



3080 days ago



BOILHAM

Not to get too peevisish, but I have been shopping for glucosmine with condroiton tablets.



On different BioFlex bottles the recommended dosage spans 1 to 3 per day. The nutrition label appears to be identical on each bottle! I spent a long time looking for the flaws in my reading and comprehension abilities, but I failed to find any difference in the ingredients.

Check it out sometime and let me know if I am wrong. Just kidding, I know how busy you are, running a mile a day.



3080 days ago



WOLFKITTY

Serving size is so important for loss, and maintenance, and general health!



Those are big potatoes. I remember when I found out that a little red potato was one serving, it made me realize that I needed to know more.

Good post!

joce

3082 days ago



MJZHERE

Wow, and I know my sweet potatoes always are bigger than potatoes. My scale doesn't work real well and I don't think I want to know as this is my one real staple during the holiday months.



3082 days ago

CAKEMAKERMOM

I love my scale too. I would never know what an ounce of something is unless I stuck it on my





scale.

About potatoes though, it all about how you prepare them. Just by french frying them and cooking them in oil, the become twice the amount of calories from all the oil.

Love baked potatoes!
3084 days ago



MISCHAKEO

I love my food scale also! Great blog.
3084 days ago



CELIAMINER

Ouch! The second picture you posted looked like a nice size, but it's TWO servings?! I'll start using my kitchen scale more often. DH and I frequently split a sweet potato, so that helps.
3084 days ago



LOLATURTLE

I love my food scale so much, I bought a little one that's about the size of my cell phone to carry in my purse!! (I just wish I could FIND it. I may have left it at my mom's house after Christmas!)

I think you are right. Everything IS getting bigger, including produce! Look at apples. I often see apples that are bigger than my fist! I think they might be even larger than "large" apples in the tracker. I started a few months ago weighing my fruits and veggies, because I got tired of trying to figure out if it was a "large" or "extra large" banana, or a "medium" or "large" potato, or whatever. I weigh all my bananas and write the weight in grams on the skin with a sharpie, haha. Same for oranges. Apples I write the weight on the sticker with a pen.

I recently bought a ton of sweet potatoes, because they had some that WEREN'T the size of my head!
3084 days ago



4A-HEALTHY-BMI

Yes, ma'am. I have a food scale in my purse, at work, at home, in my car, at my sister's house in AZ... LOLOL

I wouldn't be able to figure what is going on or how much to eat, without it!

http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=4636113
3084 days ago



WILSONWR

I love my food scale also - it has been invaluable. Although the bag may have been labelled accurately, it still seems misleading to have a serving size smaller than what is possible only by cutting the potato. That's like a small bag of something that is labelled as 2 servings. You just have to read the fine print...
3084 days ago



SUZYMOBILE

Yikes! They're probably genetically modified, too.
3084 days ago



CD13167855

I prefer the smaller potatoes, more flavor. Still, it's good to know.
3084 days ago



NELLJONES

As an exchange eater, 5 oz raw or 4 oz cooked has always been my guide. Where would we be without good kitchen scales? Use the kitchen scale and the bathroom scale will follow.
3084 days ago



62NVON

I find the same problem with frozen chicken breasts and fish. There are a variety of portion sizes in the same bag, so like you... I weigh it to get accurate NI. =)
3084 days ago



LEB0401

I've had potato trouble in the past when trying to track them. SP has them down as "small, medium, or large" and gives no weight options. Is a small potato a fingerling or a new potato? Is a large your baking potatoes or one of those 8-oz. microwave wrapped ones? Who knows... I added potatoes weighed in grams to the database so I can figure it out.
3084 days ago





HOMEOF_THEWESTS

Thanks for the heads up! I will be using my scale alot more often this time around!
3084 days ago



DAISYBELL6

Thank you for this heads up. I don't use my food scale often enough!
3084 days ago



COCK-ROBIN

Very good. That food scale is priceless! I'm proud of you.
3084 days ago



WALKINTOFIT

Wow , those taters are large! I haven't thought to weigh them.. no wonder i can't get the scale to move... too many taters.
3084 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.