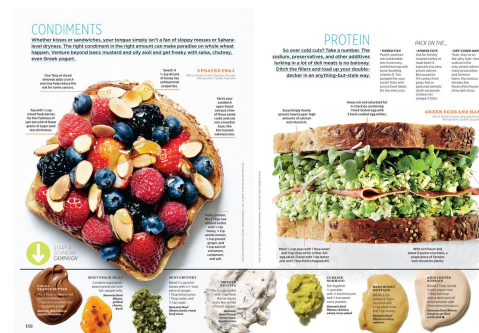


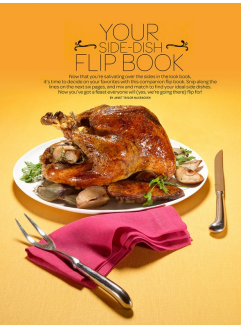
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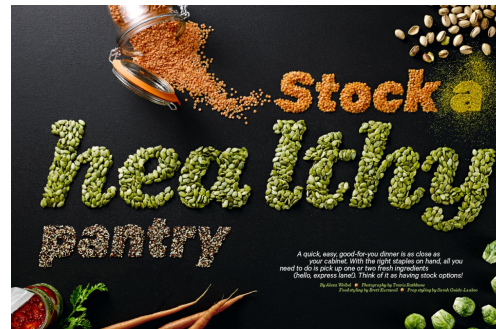
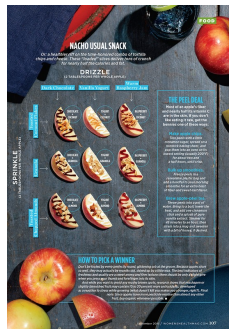
White potatoes: Are they really that bad for me?

Senders: Shari, 34, New York City. I've been eating white potatoes for years, but I've heard they're bad for you. Are they really that bad?

White potatoes are a staple food in many cultures, and for good reason. They are a good source of potassium, fiber, and vitamin C. However, they are also high in carbohydrates and calories, which can lead to weight gain and other health problems if eaten in excess. The key is to eat them in moderation and as part of a balanced diet.



25 PERFECT SANDWICHES



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