

IDAHO® POTATOES ARE BIG

On Nutrition!

VITAMINS & MINERALS

VITAMIN



One potato provides

45%

of your daily needs!

Potassium

There is more potassium per serving in a potato than in a banana!



Potatoes are a good source of Vitamin B₆, which plays an important role in helping your body metabolize protein and carbohydrates.

VITAMIN
B₆



Potatoes contain powerful phytochemicals and antioxidants!

HEALTHY BENEFITS



POTATOES ARE HEART HEALTHY!

- FAT FREE
- CHOLESTEROL FREE

Gluten Free!

plus, a potato has only about

110 CALORIES

Potatoes contain both SIMPLE AND COMPLEX CARBOHYDRATES

UTILIZED FOR
ENERGY!

One medium potato has 2 grams of fiber, that's:

8%
DAILY FIBER

Look for the seal!



Learn more at IdahoPotato.com/nutrition_education



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