

IDAHO® POTATOES ARE BIG

On Nutrition!

VITAMINS & MINERALS

VITAMIN **C** 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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