

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!



Please visit idahopotato.com for more than 1,500 nutritious and delicious Idaho® potato recipes. For daily updates and to be part of our social media community, follow us on:

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