

IDAHO® POTATOES ARE BIG

On Nutrition!

VITAMINS & MINERALS

VITAMIN



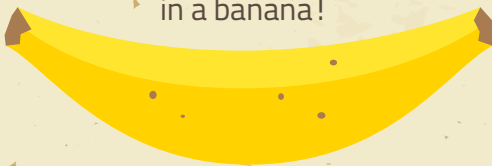
One potato provides

30%

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:

7%
DAILY
FIBER

Look for the seal!



Learn more at IdahoPotato.com/nutrition_education



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