

# IDAHO® POTATOES ARE BIG

## On Nutrition!

### VITAMINS & MINERALS

VITAMIN

**C**

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 B<sub>6</sub>, 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](http://IdahoPotato.com/nutrition_education)

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