

THE MEDIA IS RAVING

ABOUT IDAHO® POTATOES BEING A SUPERFOOD!



HEART HEALTHY

One study discovered the consumption of potatoes, two times a day, assists with the lowering of blood pressure, and reduces risk of heart disease and stroke. - CNN 5/18/17

“POTATOES ARE A GOOD PART OF A HEALTHY PLANT-BASED DIET”

- Jeff Novick, MS, RD 9/13/16

“POTATOES ARE A SURPRISINGLY NUTRITIONALLY COMPLETE FOOD. THE HUMBLE SPUD IS THE REAL SUPERFOOD”

- Stephen Guyenet, PhD 10/17

CLOCKING IN AT 110 CALORIES PER 5 OZ POTATO, SPUDS ARE AN EXCELLENT SOURCE OF FIBER

- PREVENTION MAGAZINE 3/2017

“ I’M BRINGING POTATOES BACK!

THESE GOOD OLE IDAHO® POTATOES ARE 110-CALORIE WONDERS. AND YOU SHOULD BE EATING THEM AGAIN!

- DR. OZ 3/23/17

”



THEY CONTAIN HIGH-QUALITY CARBOHYDRATES THAT FUEL THE BRAIN & MUSCLES WITH ENERGY

- PREVENTION MAGAZINE 3/2017



POTATOES ARE A KITCHEN STAPLE WORTH BEFRIENDING

- PREVENTION MAGAZINE 3/2017

POTATOES BEAT PASTA

in the ability to satiate hunger for a prolonged period of time. The longer you feel satisfied, the less likely you are to eat more during the day. - CNN 5/18/17

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



[farmtoforkpotatoes](https://www.facebook.com/farmtoforkpotatoes)



[@idahopotatoes](https://www.instagram.com/idahopotatoes)



[@idahopotato](https://twitter.com/IdahoPotato)



[idahopotato](https://www.pinterest.com/idahopotato)



[IdahoPotatoVideos](https://www.youtube.com/IdahoPotatoVideos)