

# PROTEIN



FACT CHECK



## Q. DO IDAHO® POTATOES CONTAIN PROTEIN?

- A. Yes. Idaho® potatoes have a high protein content compared to other plant-based protein sources.

The Dietary Guidelines for Americans recommend eating a variety of plant-based foods to improve overall health.<sup>3</sup>

## POTATO PROTEIN BASICS

1. Protein is an important component of almost every cell and tissue in the body.
2. One medium-size 5.2-ounce Idaho® potato with skin on provides 3 grams of plant-based protein.
3. Potato protein provides 9 essential amino acids.

## FUNCTIONS OF PROTEIN

**Providing structure:** Protein is a key component of muscle, tendons, ligaments and connective tissues like collagen.

**Regulating metabolic processes:** Enzymes that catalyze chemical reactions, hormones that regulate metabolic processes and cytokines that bind to the surface of cells and influence their functions are all proteins.

**Transporting substances:** Transport proteins carry important vitamins and minerals in the body.

**Balancing fluid and electrolytes:** Proteins, especially those found in the blood, help regulate fluid balance. Amino acids can be either positively or negatively charged.

**Providing energy:** Protein provides 4 calories per gram (similar to carbohydrate).<sup>4</sup>

## PROTEIN RECOMMENDATIONS

Current dietary guidance, including the Dietary Guidelines for Americans, recommends substituting plant-based proteins for some animal-based proteins to improve overall health and support the environment.<sup>3</sup>



## REFERENCES

1. Wolfe JA. *The Potato in the Human Diet*. 1987. Cambridge University Press.
2. McGill CR, Kurlich AC, Davignon J. "The role of potatoes and potato components in cardiometabolic health: A review." *Ann Med*. 2013;45(7):467-73.
3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. "2015-2020 Dietary Guidelines for Americans." 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.
4. Gropper SS, Smith JL, Carr TP. *Advanced Nutrition and Human Metabolism*. 7th ed. 2018. Boston, MA: Cengage Learning.