

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!



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