

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”

– Stephan Guyenet, PHD 6/15/17

CLOCKING IN AT 110 CALORIES PER 5.3 OZ POTATO, SPUDS ARE AN EXCELLENT SOURCE OF FIBER

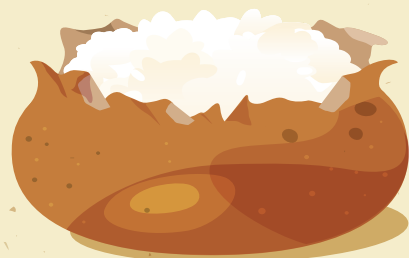
– PREVENTION MAGAZINE 3/20/17

“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 3/20/17



POTATOES ARE A KITCHEN STAPLE WORTH BEFRIENDING

– PREVENTION MAGAZINE 3/20/17

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

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