

IDAHO® POTATOES ARE BIG

On Nutrition!

VITAMINS & MINERALS

VITAMIN

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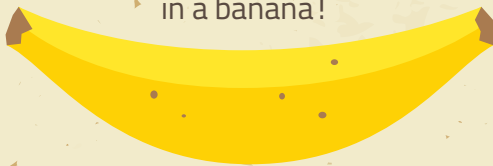
One potato provides

30%

of your daily value!

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



Certified by the American Heart Association as heart healthy.



Proud participant in Better Choices for Life offered by the American Diabetes Association®.

Fat free, cholesterol free, and

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
VALUE

Look for the seal to know they are real Idaho® Potatoes!



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