

# How Idaho® Potatoes Can Fit in a **Diabetes-Friendly Meal Plan**



**BAKED  
RUSSET POTATOES**



**ROASTED  
FINGERLING POTATOES**



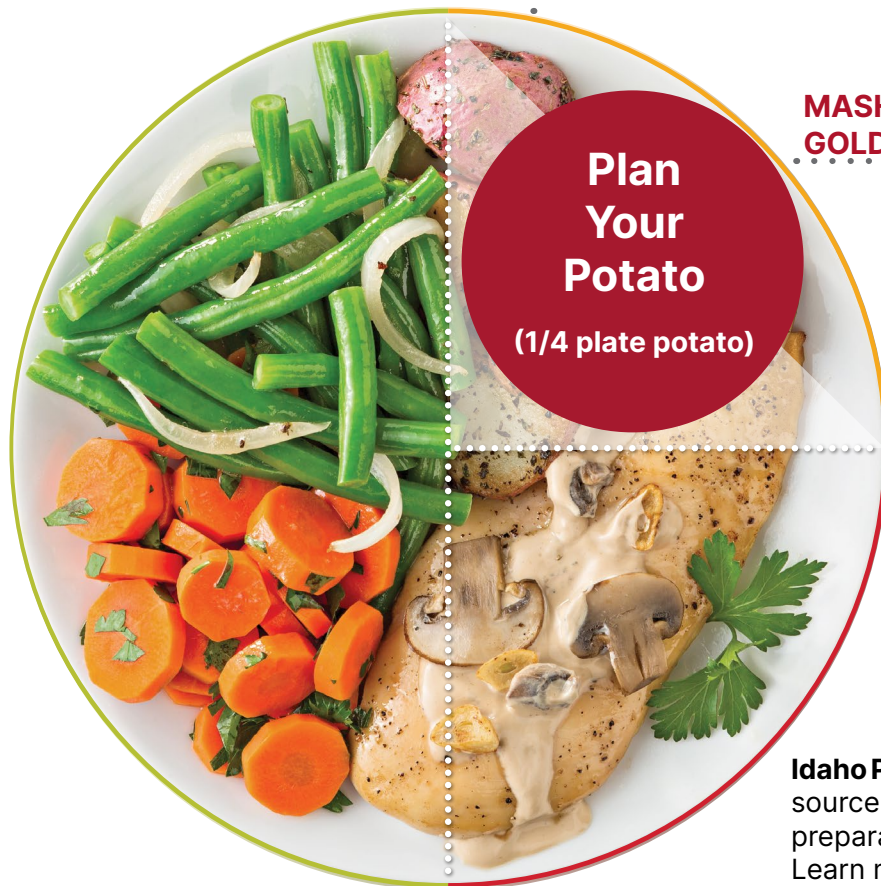
**MASHED YUKON  
GOLDEN POTATOES**



**SKILLET  
SAUTEED POTATOES**



**GRILLED**



**Plan  
Your  
Potato**

(1/4 plate potato)

**Idaho Potatoes** can be a nutritious and healthy source of carbohydrates when serving size and preparation recommendations are followed. Learn more at [idahopotato.com](http://idahopotato.com).

## TIPS

- Leave skin on for added fiber, potassium, and vitamin C
- Combine complex carbohydrates and fiber in potatoes with heart-healthy oils like olive and avocado
- Potatoes are rich sources of vitamins and minerals like vitamin C, vitamin B<sub>6</sub>, and potassium
- Potatoes are naturally gluten-free and saturated fat-free
- Pair a small portion of potatoes with heart-healthy fats and protein to build a balanced meal and help with blood glucose (blood sugar) management