

# IDAHO® POTATOES ARE BIG on Nutrition!



Potatoes provide  
**45%** of your daily  
need of **VITAMIN C**



Potatoes have more  
**POTASSIUM** than a banana



The **VITAMIN B6** in potatoes  
helps your body metabolize  
protein and carbohydrates



Potatoes contain powerful  
**PHYTOCHEMICALS &  
ANTIOXIDANTS**



Potatoes are **FAT FREE,**  
**CHOLESTEROL FREE,**  
and **GLUTEN FREE**



Potatoes contain  
**COMPLEX**  
carbohydrates  
for sustained energy



One medium potato has  
**8%** of your recommended  
**DAILY FIBER**



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