



A SIZE GUIDE TO AMERICA'S FAVORITE POTATO



Idaho Potato Commission

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KNOWING THE PERFECT POTATO

Idaho's growing season of warm days and cool nights, ample mountain-fed irrigation, and rich volcanic soil give Idaho® potatoes their unique texture, taste, and dependable performance. High solids and low moisture content make Idaho® russet potatoes superior to those produced in other states.

KEEPING IT FRESH

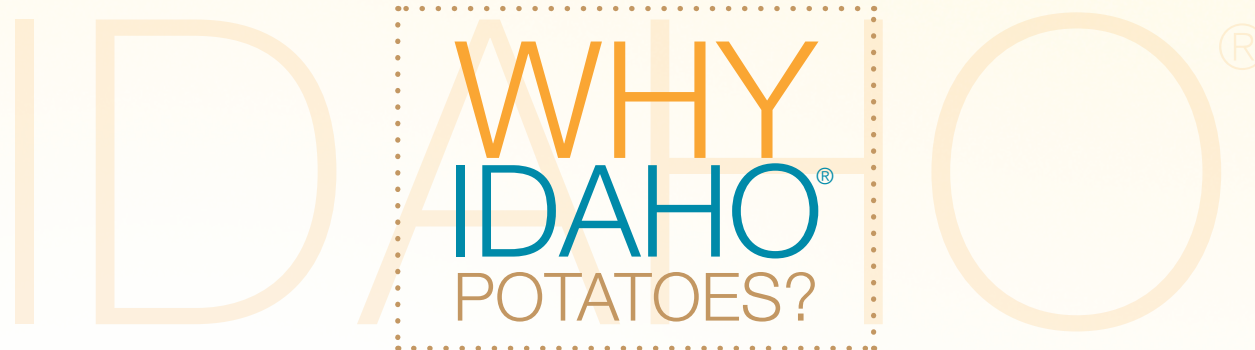
STORAGE To ensure maximum quality, store Idaho® potatoes under the following conditions:

- 45°–48°F (do not refrigerate)
- Dark (avoid fluorescent and natural light)
- Good air circulation
- Ideally, 95% humidity

PERFORMANCE Idaho® russet potatoes average 21% solids. To maintain the comforting, coveted flavor, and fluffy texture of an Idaho® potato, be sure not to store at temperatures below 42°F. Anything cooler than this causes the starches to convert to sugar, negatively affecting the performance and taste.

RECONDITIONING If it's been a while since your spuds have been in storage—specifically, if they've been stored under refrigeration for several weeks—it is possible to make those potatoes shine again! To recondition Idaho® potatoes, place them in a dark, well-ventilated room at 60° to 70°F for one to two weeks.

SKIP THE FOIL For the fluffiest, best-tasting Idaho® bakers, skip the foil and let the natural cover of the potato skin seal in the flavor. Foil wrapping is a great way to hold the heat in a baked potato for up to 45 minutes, so give them a wrap **after** baking them.



SIZING AND PACKAGING MADE EASY

At harvest, Idaho® potatoes are carefully inspected and sorted. The pick of the crop are then sized, weighed, and packaged in convenient carton sizes. The most popular russet sizes are 100, 90, 80, and 70-count boxes. Each carton weighs 50 pounds. The potatoes on the back page are shown at actual size to help you determine the size of those you wish to order.

This wide range of available sizes offers you the versatility needed for ideal menu planning. Although your operation's needs may vary, favorite uses for the various sizes have been determined. Potatoes in the 5- to 6-ounce range are ideal for potato salads, soups and stews, hash browns, and diced or sautéed potatoes. Salad bars and side dishes seek spuds in the 7- to 9-ounce range.

The bigger breeds—10 to 12 ounces—can be hollowed out to make potato skins, served as baked potato side dishes, or topped for tasty lunchtime entrées. Potatoes weighing in at 13 ounces and above make a complete entrée when stuffed, or a hearty side dish for a full dinner. Specialty potatoes and fingerlings are suited for roasting, baking, frying, sautéing or boiling, or for making colorful potato salads.

Idaho® potato cartons or consumer bags contain No. 1 potatoes. In foodservice, the No. 2 russet potatoes are available in 50-pound burlap and paper bags or a one-piece carton. This offers a great economical option for fresh fries, fresh mashed, and any other use in which the potatoes'

original appearance is less important. Although different in appearance, No. 1 and No. 2 Idaho® potatoes are always consistent in taste and texture.

Be sure to look to Idaho® for all your processed potato needs, too! Ask your supplier about frozen, refrigerated, precut, precooked, and dehydrated products in a variety of styles and pack sizes.

DELICIOUS NUTRITION

Nutrition Facts

Serving Size 1 potato (148g/5.3 oz)

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 620mg **18%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B6 10%

Folate 6% • Phosphorous 6%

Zinc 2% • Magnesium 6%

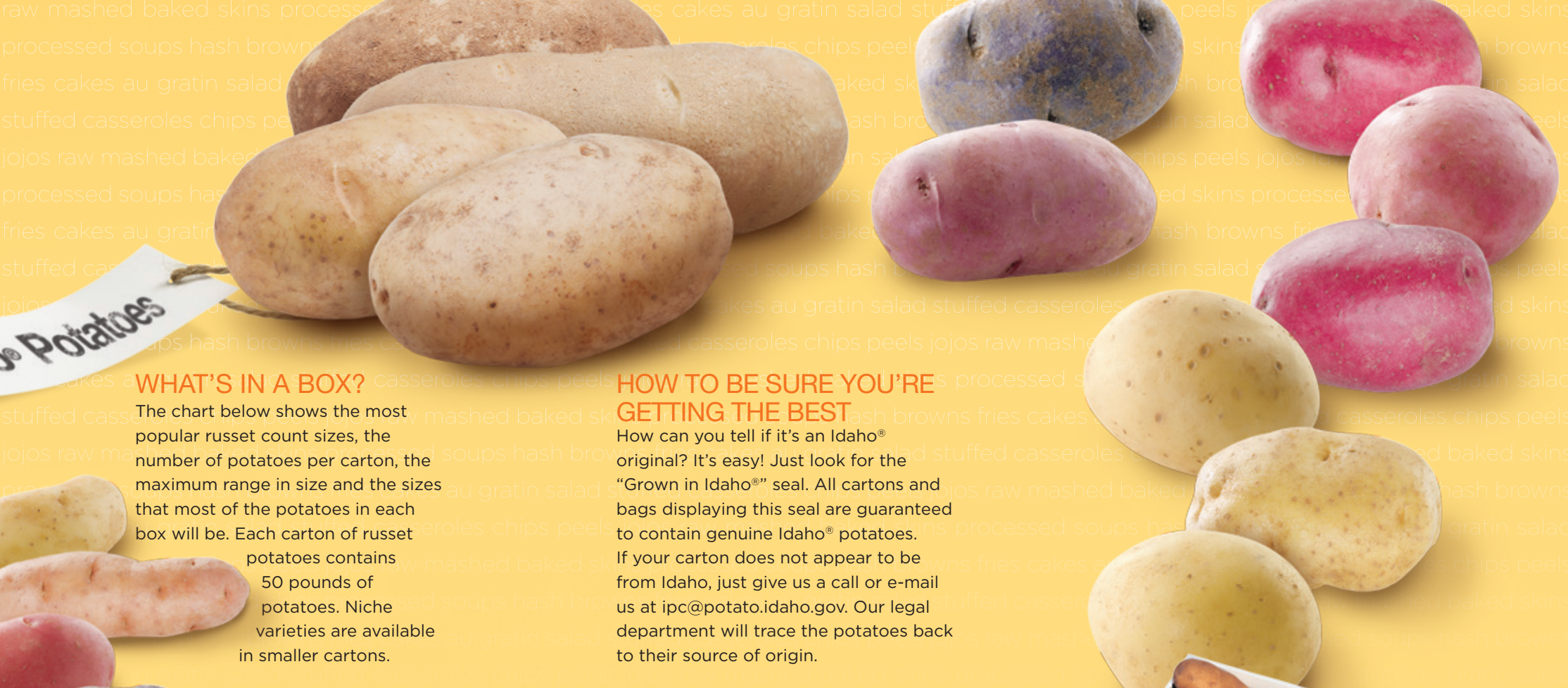
Copper 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



WHAT'S IN A BOX?

The chart below shows the most popular russet count sizes, the number of potatoes per carton, the maximum range in size and the sizes that most of the potatoes in each box will be. Each carton of russet potatoes contains 50 pounds of potatoes. Niche varieties are available in smaller cartons.

HOW TO BE SURE YOU'RE GETTING THE BEST

How can you tell if it's an Idaho® original? It's easy! Just look for the "Grown in Idaho®" seal. All cartons and bags displaying this seal are guaranteed to contain genuine Idaho® potatoes. If your carton does not appear to be from Idaho, just give us a call or e-mail us at ipc@potato.idaho.gov. Our legal department will trace the potatoes back to their source of origin.

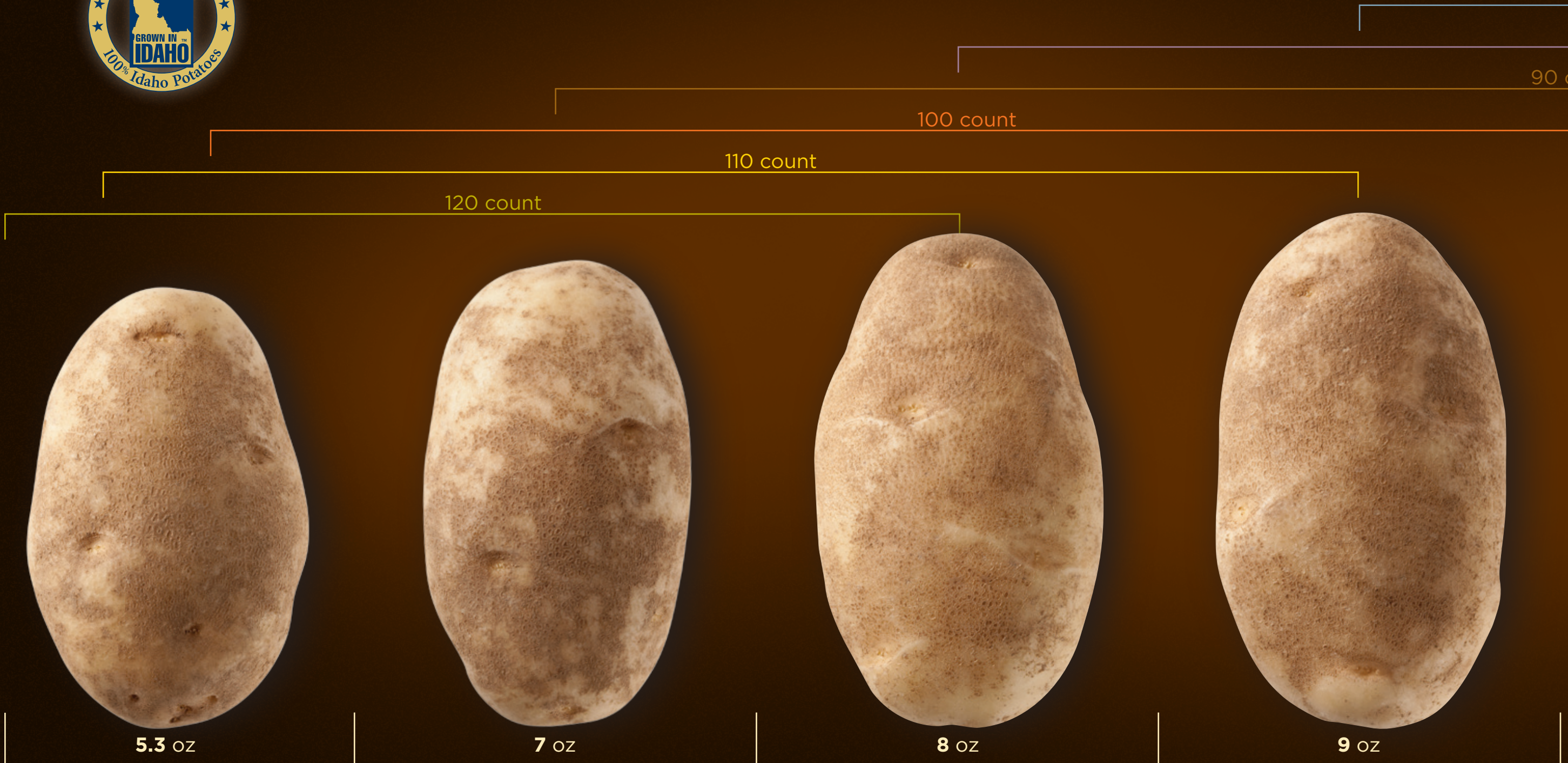
The following chart indicates the most popular russet count sizes, number of potatoes per carton, maximum size range, and the sizes that most of the potatoes in each carton will be. Each carton contains 50 pounds of potatoes.

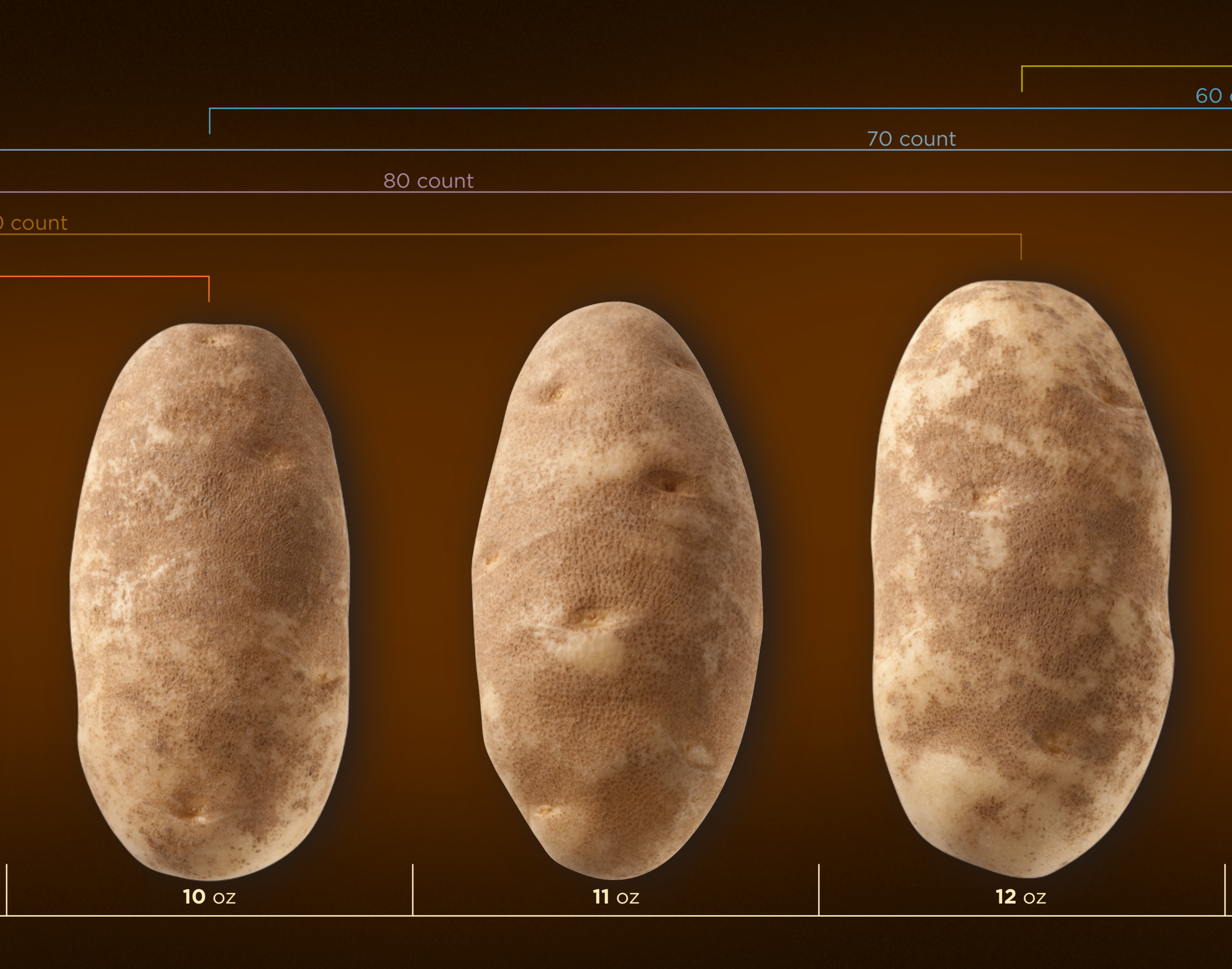
Note: If your needs call for cartons containing a narrower range of sizes, check with your Idaho® potato supplier.

Carton Size	Potatoes Per Carton	Potato Size (ounces)																	
		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
120-count	114-126																		
110-count	105-116																		
100-count	95-105																		
90-count	86-95																		
80-count	76-84																		
70-count	67-74																		
60-count	57-63																		
50-count	48-53																		
40-count	38-42																		

■ Most potatoes in the carton ■ Maximum size range







90 count

80 count

70 count

60 count

10 oz

11 oz

12 oz

50 count

0 count



13 oz



14 oz



16 oz