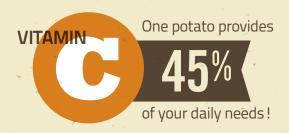
# IDAHO® POTATOES ARE BIG

On Mutrition!

### VITAMINS & MINERALS



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



Potatoes contain powerful phytochemicals and antioxidants!

### HEALTHY BENEFITS



- FAT FREE
- CHOLESTEROL FREE

## luten Free

plus, a potato has only about

O CALORI

Potatoes contain both SIMPLE AND COMPLEX **CARBOHYDRATES** 

One medium potato has 2 grams of fiber, that's:

Look for the seal!



Learn more at IdahoPotato.com/nutrition\_education



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