

NUTRITIONAL BENEFITS OF POTATOES



A nutritional powerhouse, potatoes are a nutrient-dense vegetable that provides the energy, potassium and vitamin C you need to fuel your day.*

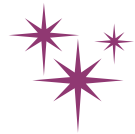


CARBOHYDRATES

Potatoes have **26 grams of carbohydrate per serving, which is 9% of the daily value.** Carbohydrates are a key source of energy for muscles to help you fuel, perform and recover.¹ Carbohydrates are also important for optimal physical and mental performance.²

IRON

Potatoes have **1.1 mg of iron per serving, which is 6% of the daily value and more than half the amount in a 3-ounce beef patty (2.06 mg per serving).**³ Iron is a mineral involved in making proteins that carry oxygen to all parts of the body, including to the muscles.



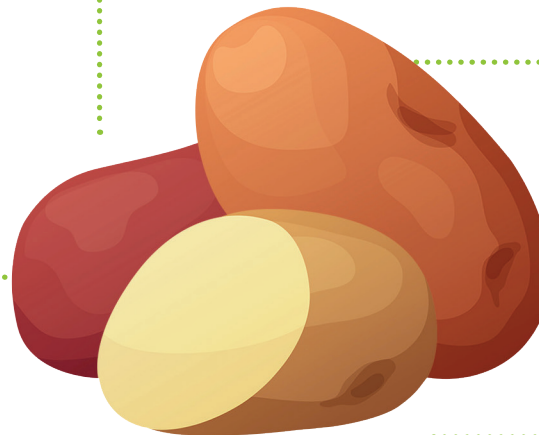
VITAMIN C

Potatoes have **27 mg of vitamin C per serving, which is 30% of the daily value. Potatoes are considered to be an excellent source of this antioxidant.** Vitamin C aids in collagen production—a major component of muscle tissue—and supports iron absorption.⁴



VITAMIN B6

Potatoes have **0.2 mg of vitamin B6 per serving, which is 10% of the daily value and considered to be a good source.** Vitamin B6 plays important roles in carbohydrate and protein metabolism.



POTASSIUM

Potatoes have **620 mg of potassium per serving, which is 15% of the daily value and more than a medium-sized banana (422 mg per serving).**⁵ Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.²



PROTEIN

Potatoes have **3 grams of protein per serving.** Protein is a key component of muscle and an important nutrient for athletic performance.



FIBER

Potatoes have **2 grams of fiber per serving, which is 7% of the daily value.** Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose and increasing satiety.⁵

1. Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. *J Sports Sci.* 2011; 29(Suppl 1):S17–27.
2. Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of the Academy of Nutrition and Dietetics.* 2016; 116(3):501–528.
3. USDA Food Composition Database. USDA Food Composition Databases v.3.9.5.3_2019-06-13. <https://ndb.nal.usda.gov/ndb/>. Accessed September 5, 2019.
4. Pullar JM, Carr AC, Vissers MCM. The roles of vitamin C in skin health. *Nutrients.* 2017; 9(8):866.
5. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. *J Acad Nutr Diet.* 2015 November; 115(11):1861–70.

*One medium potato (148g/5.3 oz.) with skin on.