

# POTATOES FUEL PERFORMANCE



VS.



**1 MEDIUM-SIZED SKIN-ON  
WHITE POTATO (148 G)**

**1 MEDIUM-SIZED SKIN-ON  
SWEET POTATO (130 G)**

**110 CALORIES**

**100 CALORIES**

**1 GRAM OF SUGAR**

**7 GRAMS OF SUGAR**

**3 GRAMS OF PROTEIN**

**2 GRAMS OF PROTEIN**

**0% DAILY VALUE OF VITAMIN A**

**120% DAILY VALUE OF VITAMIN A**

**45% DAILY VALUE OF VITAMIN C**

**30% DAILY VALUE OF VITAMIN C**

**26 GRAMS OF CARBOHYDRATES**

**23 GRAMS OF CARBOHYDRATES**

**620 MG OF POTASSIUM**

**440 MG OF POTASSIUM**

**2 GRAMS OF FIBER**

**4 GRAMS OF FIBER**

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**Potatoes.** Real Food. Real Performance.®