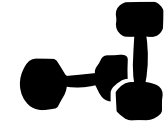


# POTATOES FUEL PERFORMANCE



A nutritional powerhouse, potatoes are a popular, nutrient-rich vegetable that provides fuel and replenishment for athletic performance.\*

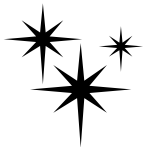


## CARBOHYDRATES

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.<sup>1</sup> Carbohydrates are also important for optimal physical and mental performance.<sup>2</sup>

## 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).**<sup>3</sup> 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.<sup>4</sup>



## 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.



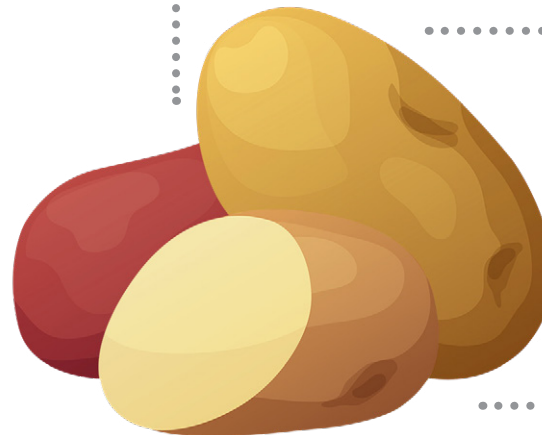
## POTASSIUM

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).**<sup>3</sup> Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.<sup>2</sup>



## 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.<sup>5</sup>



Potatoes. Real Food. Real Performance.<sup>®</sup>  
**WHAT ARE YOU EATING?™**

[PotatoesFuelPerformance.com](https://www.potatoesfuelperformance.com)

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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 v3.9.5.3—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.  
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\*One medium potato (148g/5.3 oz.) with skin on.