

THE FACTS ABOUT POTATOES



As America's favorite vegetable, it's no wonder that potatoes are the number one side dish and takeout order at foodservice today.¹ They're craveable and familiar, and their neutral flavor opens the door to innovating with global flavors and ethnic cuisines, allowing operators to tap into today's trends. On top of that, potatoes are more energy packed than any other popular vegetable², making them the perfect food to fuel your patrons as they go about their day. **Potatoes are a naturally gluten-free, plant-based solution to your operational needs.**

POTASSIUM

A medium (5.3 oz) skin-on potato contains **620 milligrams of potassium.**

Potassium is an important electrolyte that aids in muscle, cardiovascular and nervous system function.

PROTEIN

A medium (5.3 oz) potato has **3 grams of protein.**

In addition to providing energy, protein helps you feel more full, making meals heartier and more satisfying.

CARBOHYDRATE

Potatoes have **26 grams of carbohydrate** per serving, which is 9% of the daily value.

Carbohydrate is the primary fuel for your brain and a key source of energy for muscles.

EXTRA VALUE FACTS

- ▶ Potatoes are vegetarian, vegan and can be at the center of the plate for plant-based meals.
- ▶ Look for frozen, dehydrated and fresh cut potato forms to help ease labor pains and time.
- ▶ Potatoes are naturally fat free, gluten-free and an excellent source of Vitamin C, a valuable antioxidant.





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.



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



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 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.



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).²



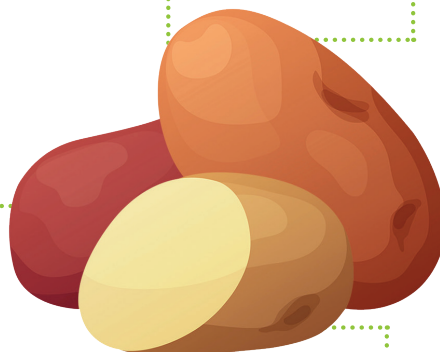
PROTEIN

Potatoes have 3 grams of protein per serving.



FIBER

Potatoes have 2 grams of fiber per serving, which is 7% of the daily value.



1. Potatoes USA 2021 A&U Study.

2. <https://www.fda.gov/media/70792/download>.

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.

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