**Sample Performance Social Media Posts**

Don’t forget to use the hashtag **#PotatoesFuelPerformance** on Facebook, Instagram, Twitter, and TikTok.

**Potatoes Fuel Performance:**

* A medium 5.3oz skin-on potato provides 26g of carbohydrates and athletes need carbohydrates to perform at their best. The versatility of potatoes allows you to include them with any meal.
* Look to potatoes, a complex carbohydrate, to help you prepare your body for a hard workout.
* Whether you’re cycling on the street or at home, fuel with potatoes. They have vitamin C and potassium, and they help you replenish after a grueling session.
* You vs. you. Potatoes fuel your personal best.
* It’s time to get real about fueling with real food. Potatoes. Real Food. Real Performance.
* Fuel. Compete. Win. Set a new PR fueled by potatoes.
* Need a good carb to fuel your workout? That's what vegetables are for! Go the extra mile, with potatoes.
* Carbs are a key source of energy for muscles to help perform and recover from exercise. Stay satisfied post-workout. Put potatoes on your plate.