Are all the nutrients in the skin of the potato?

No. While the skin does contain approximately half of the total dietary fiber, the majority (> 50%) of the nutrients are found within the potato itself.

**FACTS**

- The *only* nutrient significantly lost when the skin is removed is fiber.
  - A medium (5.2 oz) potato contains 2 grams of fiber with the skin and 1 gram of fiber without the skin.¹
- Potassium and vitamin C are found predominantly in the flesh of the potato.
  - A medium (5.2 oz) potato with the skin contains 620 mg of potassium and 27 mg of vitamin C.² Removing the skin eliminates approximately 150 mg of potassium and 4.5 mg of vitamin C.²

**REFERENCES**