A nutritional powerhouse, potatoes are a popular, nutrient-dense 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. Carbohydrates are also important for optimal physical and mental performance.¹

**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).² 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.³

**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).⁴ Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.²

**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.⁵

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*One medium potato (168g/5.5 oz.) with skin on.

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