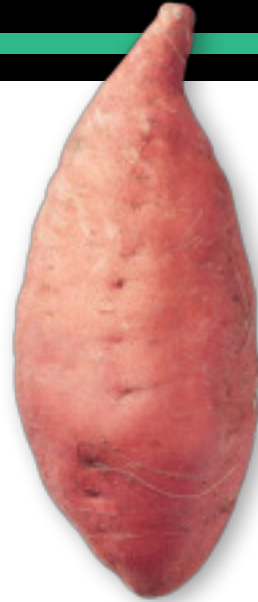


POTATOES FUEL PERFORMANCE



VS.



**1 MEDIUM-SIZED SKIN-ON
WHITE POTATO (148 G)**

**1 MEDIUM-SIZED SKIN-ON
SWEET POTATO (130 G)**

110 CALORIES

100 CALORIES

1 GRAM OF SUGAR

7 GRAMS OF SUGAR

3 GRAMS OF PROTEIN

2 GRAMS OF PROTEIN

0% DAILY VALUE OF VITAMIN A

120% DAILY VALUE OF VITAMIN A

45% DAILY VALUE OF VITAMIN C

30% DAILY VALUE OF VITAMIN C

26 GRAMS OF CARBOHYDRATES

23 GRAMS OF CARBOHYDRATES

620 MG OF POTASSIUM

440 MG OF POTASSIUM

2 GRAMS OF FIBER

4 GRAMS OF FIBER

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