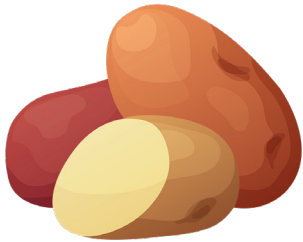


# POWER-PACKED POTATO

## FUEL FOR PERFORMANCE

As an athlete, your muscles depend on high-quality carbohydrates for fuel!<sup>1</sup> Potatoes are nutrient-dense complex carbs and contain key nutrients to elevate health and athletic performance.

## BUILD THE BASE OF YOUR PERFORMANCE PLATE

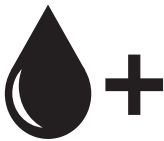


Potatoes fuel performance and fit on every athlete's plate. A medium (5.3 ounce) skin-on potato contains 26 grams of carbohydrates for sustained energy.



SUSTAINED ENERGY

## YOU CAN BENEFIT FROM POTATO-POWERED NUTRITIONAL BOOSTS



HYDRATION

Potassium is an electrolyte lost in sweat. Potatoes have 620 mg of potassium per serving, 15% of the daily value and more than a medium-sized banana, which can help you stay hydrated.



VITAMIN C

Potatoes have 27 mg of vitamin C per serving, which is 30% of the daily value. Vitamin C can support the body's immune system and is required for collagen production, which plays a role in wound healing,<sup>2</sup> to keep you in the game longer!



LEAN MUSCLE

Protein paired with carbohydrates promotes muscle growth and strength. One medium-size (5.3 ounce) potato with skin-on provides 3 grams of plant-based protein.

1. Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(3):501-528.

2. National Institutes of Health, Office of Dietary Supplements. Vitamin C. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>. Updated July 9, 2019. Accessed December 4, 2019.