

# DEBUNKING MYTHS



## GET THE FACTS ABOUT POTATOES

### MYTH

✗ STARCHY FOODS DON'T CONTAIN MANY NUTRIENTS

### FACT

✔ POTATOES ARE A NUTRIENT-DENSE VEGETABLE

### MYTH

✗ ALL OF A POTATO'S NUTRIENTS ARE IN THE SKIN

### FACT

✔ THE MAJORITY OF A POTATO'S VALUABLE POTASSIUM AND VITAMIN C ARE FOUND IN THE FLESH

### MYTH

✗ POTATOES ARE EMPTY CALORIES

### FACT

✔ POTATOES CONTAIN CARBOHYDRATES TO FUEL, 2 GRAMS OF FIBER AND 3 GRAMS OF PLANT-BASED PROTEIN

### MYTH

✗ ONLY FRESH PRODUCE IS GOOD FOR YOU

### FACT

✔ FRESH, FROZEN AND DEHYDRATED POTATOES ARE ALL OPTIMAL VEGETABLE CHOICES THAT CONTAIN NUTRIENTS

### MYTH

✗ SWEET POTATOES ARE MORE NUTRITIOUS THAN WHITE POTATOES

### FACT

✔ BOTH WHITE POTATOES AND SWEET POTATOES ARE NUTRIENT-DENSE VEGETABLES

## Nutrition Facts

1 serving per potato

**Serving size 1 potato (148g/5.3oz)**

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1.1mg **6%**

Potassium 620mg **15%**

Vitamin C 27mg **30%**

Vitamin B<sub>6</sub> 0.2mg **10%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.