



WISCONSIN POTATOES **BIG** ON NUTRITION

HEALTH BENEFITS

EXCELLENT SOURCE OF VITAMIN C

Helps maintain a healthy immune system.

MORE POTASSIUM THAN A BANANA

Helps maintain normal blood pressure.

GOOD SOURCE OF VITAMIN B6

Plays an important role in metabolism & helps maintain brain function.

ALL VARIETIES OF POTATOES

FAT FREE, GLUTEN FREE, CHOLESTEROL FREE, SODIUM FREE AND ARE ONLY 110 CALORIES PER 5.3 OZ SERVING.



DID YOU KNOW?

POTATOES PROVIDE THE FOLLOWING NUTRIENTS:

8% DV

FIBER

10% DV

VITAMIN B6


18% DV

POTASSIUM

45% DV

VITAMIN C

LEARN MORE AT EATWISCONSINPOTATOES.COM

 facebook.com/EatWisconsinPotatoes



POWERED BY WISCONSIN POTATOES



Excellent Source of Vitamin C

Helps maintain a healthy immune system.



More Potassium Than A Banana

Helps maintain normal blood pressure.



Good Source of Vitamin B6

Plays an important role in metabolism and helps maintain brain function.

DID YOU KNOW?

POTATOES ARE RICH IN NUTRIENTS



45% DV
Vitamin C



18% DV
Potassium



10% DV
Vitamin B6



8% DV
Vitamin B6

ALL POTATO VARIETIES ARE:

- Fat free
- Cholesterol free
- Gluten free
- Sodium free
- Only 110 calories per 5.3 oz serving



LEARN MORE

eatwisconsinpotatoes.com facebook.com/EatWisconsinPotatoes

**WISCONSIN
POTATOES**