

WHY POTATOES POWER PERFORMANCE



POTATOES ARE...*



A whole food source of potassium (620 mg; 15% daily value), vitamin C (27 mg; 30% daily value) and energy (110 calories) that your athletes need to perform their best.

A nutrient-dense complex carbohydrate and perfect for creative fueling. Carbohydrates are the primary fuel for the brain and a key source of energy for muscles.



A low-cost performance vegetable and provides 3 g (6% daily value) of plant-based protein.

A time-saver. They're a quick and affordable addition to pre- or postperformance shakes. They can be cooked in the microwave and extend various meals.



Found in several forms to meet various needs (dehydrated, frozen, fresh, etc.), there's a potato option to fuel your athlete's body and brain throughout the day.

Perfect for athletes. They're easy to store, easy to practice cooking with, convenient, portable, tasty and well-liked by athletes.



*One medium (5.3 oz.) skin-on potato.

The guidance provided in this handout should not be generalized to other populations, skill levels, sport types, or training amounts and the individual's nutrition and health goals should always be considered. 1 Thomas DT, et al. 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.

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