

Nature's Vitamins

Potatoes are delicious, and versatile, but they are also very nutrient dense vegetables– One medium potato (299g) contains;

- **Fiber** – 26% RDA — Although fiber aides in healthy digestion, and in the prevention of heart disease, diabetes and obesity, 95% of North Americans do not have enough in their diets!
- **Vitamin C**– 45% RDA — protects your body against infections, and is vital in the formation of healthy teeth and bones, it is also needed to help your body absorb iron.
- **Vitamin B6** — 31% RDA – B6 is important to your immune system and helps regulate blood sugar.
- **Iron**–18% RDA- helps your body resist infection, and convert food to energy.
- **Protein** –7.5 g – building blocks for bones, muscles, skin, and blood . One potato contains more protein than a large boiled egg.
- **Potassium** — 46% RDA —To get the same amount, you would have to eat 2 bananas or 3 bell peppers!
- **Magnesium**– 21% RDA – wide variety of benefits, such as nerve and cardiovascular health, relief from PMS, migraines and asthma and stress.



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The Alliance for Potato Research and Education



Alberta Potatoes "Nature's Vitamins"



Facts about Potatoes and Potassium

Bananas have long been the poster child as a great source of potassium, many people would be surprised to learn that one medium potato contains more potassium than two bananas!

Potatoes, regardless of the form of preparation, are an excellent source of dietary potassium. However, many people are not aware of how important potassium is to their overall health and 97% of North Americans are not getting enough in their diets.

Potassium is a critical component of human health. It helps lower blood pressure, and balance sodium in the diet. This reduces risk of high blood pressure and stroke. It also helps reduce the development of kidney stones, and bone loss.

Potatoes are one of the largest and most affordable sources of potassium in the produce department. One medium baked potato contains 1600 mg or 46% of your recommended daily intake of potassium. They contain more potassium than bananas, spinach or broccoli. In fact, one serving of French fries—cooked in trans fat free oil (which most restaurants use today) provides more than THREE times the potassium as a serving of spinach!

A Potato on Every Plate...

The understated yet versatile potato is an essential part of a healthy diet. It is one of the most economical additions to a healthy lifestyle. Potatoes top the produce aisle, in nutritional value per dollar—next only to beans.

70% of children and over 50% of adults do not eat the five servings of fruits and vegetables per day that are recommended by the Canadian Food Guide. Potatoes are great as a meal, or on their own as a snack, and will help you and your family meet the daily requirements of fruits and vegetables.

Potatoes are one of the easiest, most versatile vegetables to prepare. From salads and soups to mashed, scalloped or roasted, potatoes are the perfect food for health and budget conscious families alike. They are naturally gluten free, and are also free of trans fat, saturated fat and cholesterol. You can feel good about serving them to your family for breakfast, lunch, or dinner!



The Potato Growers of Alberta is a non-profit grower organization that aims to increase the success of the potato industry in Alberta. We are the voice of the Alberta's potato industry.

Carbohydrates and Potatoes!

Although there are two main types of Carbohydrates, Simple and Complex, quite often consumers look at them all the same as something they should keep out of their diets.

Simple Carbs, like sugar, are broken down very quickly by the body. They provide instant energy, typically faster than your body can use it, leaving the extra energy to be stored as fat.

Complex Carbs—the type found in potatoes, take more time to break down, therefore giving your body constant energy for a longer duration. Their greater conversion time allows the body to use them as they are broken down, preventing them from being stored and preventing the “crashes” that often follow the consumption of simple carbs.

The fact is, your body cannot function properly without Carbohydrates. They give your brain, organs and muscles energy to work. Lack of carbohydrates can cause muscle cramps, fatigue, poor mental acuity, and decreased resistance to disease.

Potatoes are a great source of complex carbohydrates, and can be daily enjoyed as part of a healthy diet!