



**Potatoes.** Real Food. Real Performance.<sup>®</sup>  
**WHAT ARE YOU EATING?**<sup>®</sup>

Learn more at [PotatoesFuelPerformance.com](https://PotatoesFuelPerformance.com)

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# DO YOU KNOW?

ONE MEDIUM-SIZED POTATO CONTAINS\*:

**620mg**

Potassium

**27mg**

Vitamin C

**3g**

Protein



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\*Nutritionals based on one medium-sized 5.3 oz skin-on potato.

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