

Dig This!

Watch out! Some packaged foods and beverages pack more servings than you need.



Nutrition Facts

Serving Size 1 potato (148g/5.3oz)

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 720 mg 21%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B₆ 10%

Folate 6% • Phosphorous 6%

Zinc 2% • Magnesium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Do the math: % Daily Value adds up to a balanced diet.



Too much fat, sodium, and cholesterol can bully your body.

Potassium is a superhero for healthy blood pressure.



There's more to fiber than a good crunch.



For health, vitamin C gets an A+.



READ THE LABEL.
It's Good For Your Body.