

EAT YOUR SPUDS!

Mashing the Potato Myth

Let's break it down

Good source of
Vitamin C

Only 110
Calories!

Contains more
potassium than
a banana!

Nutrition Facts Valeur nutritive

Per 150 g
pour 150 g

Calories 100 % Daily Value*
% valeur quotidienne*

Fat / Lipide 110 0 %
Saturated / saturés 0 g 0 %
+ Trans / trans 0 g

Carbohydrate / Glucides 23 g
Fibre / Fibres 4 g 12 %
Sugars / Sucres 2 g 2 %

Protein / Protéines 2 g

Cholesterol / Cholestérol 0 mg

Sodium 25 mg 1 %

Potassium 600 mg 17 %

Calcium 22 mg 2 %

Iron / Fer 1 mg 6 %

Vitamin C / Vitamine C 15 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Loaded with Fibre
(with the skins on)

Gluten-Free

Sodium and
Cholesterol free

Fat-Free

Can be part of a healthy diet
just be mindful of your toppings



With hundreds of options and endless meal opportunities, potatoes can be served for breakfast, lunch or dinner. Whether you're feeding your family or looking to fuel your body, potatoes are a healthy option.