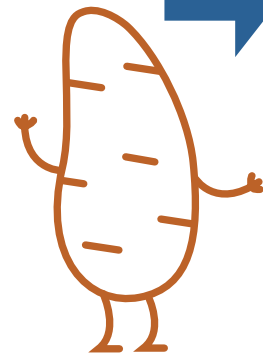


Michigan grows more potatoes that become potato chips than any other state. One out of every four bags of potato chips made in the U.S. is filled with Michigan potatoes!



Down: 1. Vitamin C, 2. Gluten Free, 3. Banana, 5. Vegetable, 6. Underground, 9. Eyes, 10. Sodium
Across: 4. Outerspace, 7. Peru, 8. Calories, 10. Seven, 11. Carbohydrate, 12. Metabolism, 13. Protein

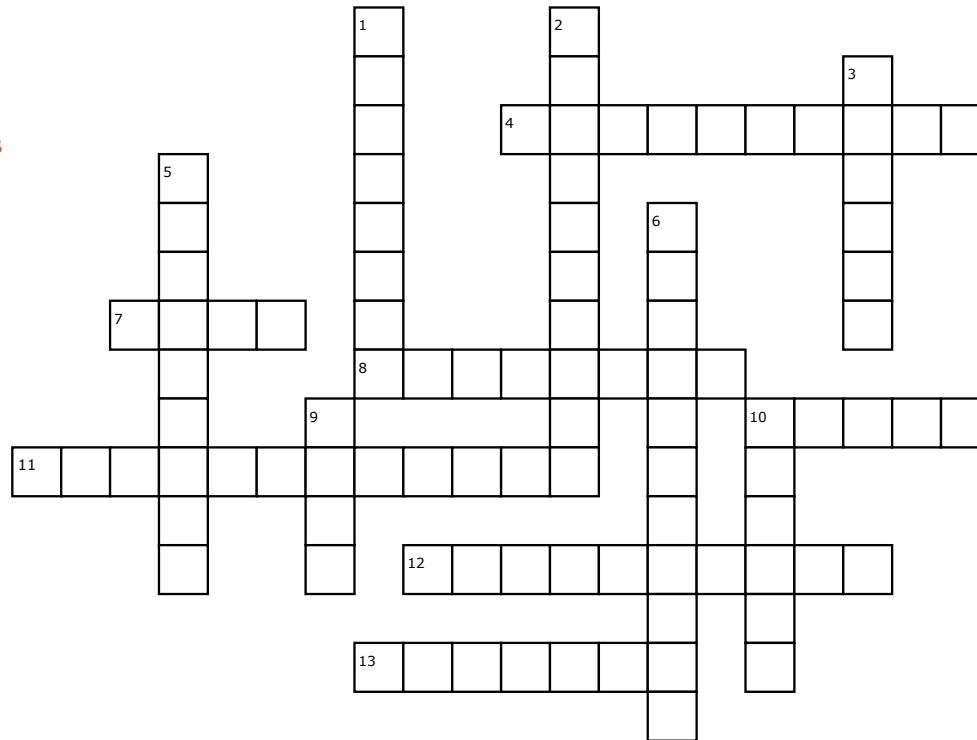


Test Your Tater IQ!



Think you're a spud superstar?

Test your skills with these tricky tater questions. Some of the answers are simple and some you'll have to search through the pages of this brochure to find. Good luck!



Down

- Potatoes contain 30% of your daily _____, a nutrient commonly found in orange juice and other citrus fruit!
- Unlike bread and pasta, potatoes are naturally _____.
- Potatoes have more potassium than a _____.
- Potatoes aren't a fruit, they're a _____.
- Potatoes grow _____ and need sun and water to develop.
- Just like us, potatoes have _____, but they can't see in the dark!
- Potatoes contain no fat, _____ or cholesterol.

Across

- Houston, we have a problem! potatoes were the first vegetable grown in _____.
- The Incas in _____ were the first to cultivate potatoes.
- A medium-sized potato with the skin has only 110 _____.
- Potatoes come in many shapes, sizes and colors. There are _____ most common types.
- Potatoes are a nutrient-dense complex _____.
- Potatoes are a good source of Vitamin B6, a nutrient that plays an important role in energy _____.
- Potatoes have 3 grams of _____, a nutrient that helps muscle development.

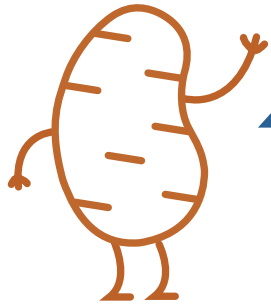
Be your best
with the

POWERFUL POTATO

A guide to potato nutrition,
farming and more!



www.mipotato.com



Did you know that potatoes are a vegetable? They contain important nutrients that help you power through school, sports and more.

That's right, whether you're a cross country athlete, football fan or star drama student, your body needs certain nutrients to thrive. Potatoes are a real food that provide the carbohydrate, potassium, and energy you need to perform at your best. Carbohydrate is the primary fuel for your brain and a key source of energy for muscles. Potassium is an important electrolyte that aids in muscle,

cardiovascular and nervous system function. Finally, adequate energy intake supports optimal body functions and potatoes are more energy-packed than any other popular vegetable. With so many potato varieties and forms available, it's easy to enjoy the benefits of potatoes at any time of day, every day of the week. Learn more below about these nutrients and more found in the tasty potato.

ALL ABOUT POTATOES

The following reflects the values for a medium potato with skin (5.3 ounces)

A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in energy metabolism.³



VITAMIN C

30% of your daily value.²

POTASSIUM

A skin-on potato has more potassium than a medium-size banana.



110 CALORIES

110 calories for a medium-sized (5.3 oz) potato with skin.

NO FAT
NO SODIUM
NO CHOLESTEROL

PROTEIN

A medium-size (5.3 oz) potato has 3 grams of protein.²

FIBER

One medium potato with skin contributes 2 grams of fiber, or 7% of the daily value per serving.¹

CARBOHYDRATE

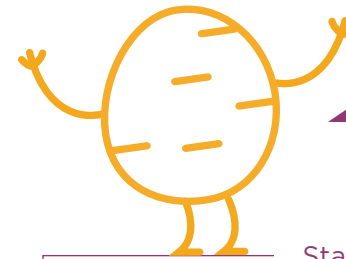
Potatoes are a nutrient-dense complex carbohydrate.

GF GLUTEN FREE

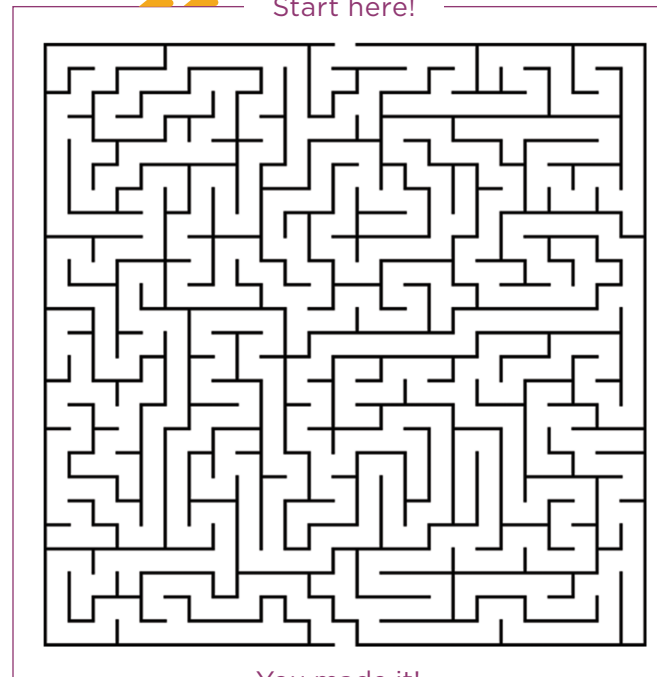


Take a Tater Tour!

Race your way to the bottom of the maze to learn about the 7 different potato types.

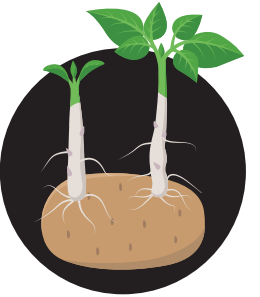


Start here!



You made it!

Potatoes are grown year-round in over 30 states across the country. Each potato plant is grown from a small piece of potato called a seed. It typically takes 3-4 weeks for a potato plant to emerge.



Underground, the plant sprouts roots with a hook at the end. The roots eventually develop into tubers. After about 60 days, the tubers begin to bulk up and the plant also produces flowers.

When the leafy vines begin to die off, this signals the potatoes to mature and their skins to harden. This gets them ready for harvesting to provide natural protection. The process of ripening takes 2 weeks after the vines die.



RUSSETS



REDS



YELLOWS



PURPLES/BLUES



FINGERLINGS



WHITES



PETITES

There are seven main potato types and each has a unique texture and flavor. **Russets** are perfect for baking. **Reds** are tasty in stews. **Yellows** get caramelized on the grill. **Purples/blues** add a pop of color to salads. **Whites** make an ideal velvety mash. **Fingerlings** are easy to

roast, and **petites** can cook up quickly in a pinch!

No matter the activity ahead, there's a delicious potato type to fuel your body and brain. Try them all and pick your favorite.



1. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber. J Acad Nutr Diet. 2010;14(10):1533-1541.
2. USDA National Nutrient Database for Standard Reference, Release 23 (2010). Potatoes, baked, flesh and skin, without salt. Available at: http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl.
3. Gropper SS, Smith JL. Advanced Nutrition and Human Metabolism. 6th Ed. Belmont, CA: Wadsworth, Cengage Learning; 2013. Pp.361-364.