



## Fresh Potato

### Ingredients:

Potato

<b>Nutrition Facts</b>	
Serving size 1 potato (148g/5.2oz)	
Amount per serving	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0g	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Potato Chips

### Ingredients:

Potatoes, Vegetable Oil (Sunflower and/or Canola Oil), and Salt

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/About 15 chips)	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 90
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Potassium</b> 350mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 2%
Vitamin E 6%	• Thiamin 4%
Niacin 6%	• Vitamin B <sub>6</sub> 10%
Magnesium 4%	• Zinc 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4