



**Leading a thriving
GB Potato industry
from field to plate**



www.gb-potatoes.co.uk



Nutritional Powerhouse

Potatoes are naturally low in fat, sugars and salt, and provide fibre, potassium and vitamin B1*



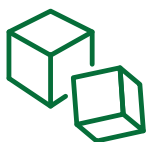
Fat Free

Completely fat-free and contains zero saturated fats



Fibre

2.7g fibre per 100 kcal



Low Sugars

Only 1.4g sugar per 100g



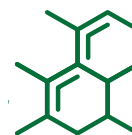
Salt Free

Reducing sodium intake supports normal blood pressure.



High in Potassium

Potassium supports normal muscle function



Source of Thiamine

Thiamine supports normal energy release from food and normal mental function



For further information on the nutritional benefits of potatoes

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* Nutritional values based on McCance and Widdowson's Composition of Foods Integrated Dataset (CoFID), UK. Values are per 100 g unless otherwise stated.

Nutrition analysis and claims assessment carried out by Haley Bell RNutr (Public Health), Food and Nutrition Consultant

A varied and balanced diet and healthy lifestyle are important.