

# IDAHO® POTATOES VS. SWEET POTATOES



## Q. HOW DO SWEET POTATOES AND IDAHO® POTATOES COMPARE WHEN IT COMES TO THEIR NUTRITION PROFILES?

A. Both sweet and Idaho® potatoes provide similar amounts of key nutrients including protein (2g and 3g respectively), potassium and vitamin B<sub>6</sub>, all of which contribute to a well-balanced, nutrient-dense diet.

## FACTS

The FDA's nutrient analysis for the Top 20 Raw Vegetables indicates the following:<sup>1</sup>

- Both Idaho® potatoes and sweet potatoes are good sources of potassium. A medium-size Idaho® potato offers 620mg of potassium while a medium-size sweet potato offers 440mg of potassium.
- Both Idaho® potatoes and sweet potatoes are excellent sources of vitamin C. A medium-size Idaho® potato provides 45% of the daily value, which is more vitamin C than one medium-size sweet potato. Both Idaho® potatoes and sweet potatoes are a good source of vitamin B<sub>6</sub>.
- Idaho® potatoes are similar in calories and carbohydrates when compared to sweet potatoes. One medium-size Idaho® potato contains 110 calories and 26 grams of carbohydrate. Similarly, one medium-size sweet potato contains 100 calories and 23 grams of carbohydrates.



## REFERENCES

1. "FDA Top 20 Raw Vegetables." [www.fda.gov/Food/LabelingNutrition/ucm114222.htm](http://www.fda.gov/Food/LabelingNutrition/ucm114222.htm)