

How Idaho® Potatoes Can Fit in a **Diabetes-Friendly Meal Plan**



**BAKED
RUSSET POTATOES**



**ROASTED
FINGERLING POTATOES**



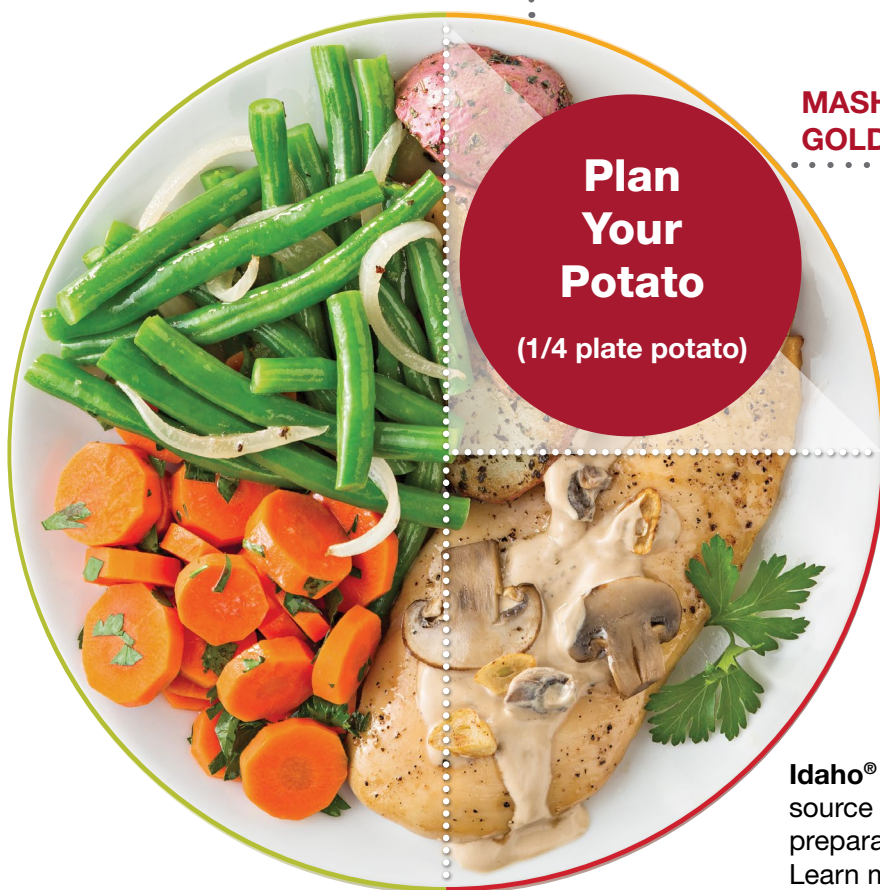
**MASHED YUKON
GOLDEN POTATOES**



**SKILLET
SAUTEED POTATOES**



**GRILLED
RED POTATOES**



**Plan
Your
Potato**

(1/4 plate potato)

Idaho® Potatoes can be a nutritious and healthy source of carbohydrates when serving size and preparation recommendations are followed. Learn more at idahopotato.com.

TIPS

- Leave skin on for added fiber, potassium and Vitamin C
- Combine complex carbohydrates and fiber in potatoes with heart healthy oils like olive and avocado oils
- Potatoes are rich sources of vitamins and minerals like Vitamin C, Vitamin B₆, and Potassium
- Potatoes are naturally gluten free and saturated fat free
- Pair a small portion of potatoes with heart healthy fats and protein to build a balanced meal and help with blood glucose management