

I'm a nutritional goldmine.

I provide a wealth of healthy nutrients as well as high quality fuel to power your body. Count me as one serving towards your 5+ A Day total.

Fibre rich

Leaving the skins on provides a great source of fibre.

Virtually fat free

So please keep me that way when you cook me.

Carbohydrates for sustained energy

The ideal source of fuel for your body.

Antioxidants for your protection

Potatoes contain vitamin C and phenolic compounds, strong antioxidants which offer protection against some diseases.

Rich in minerals

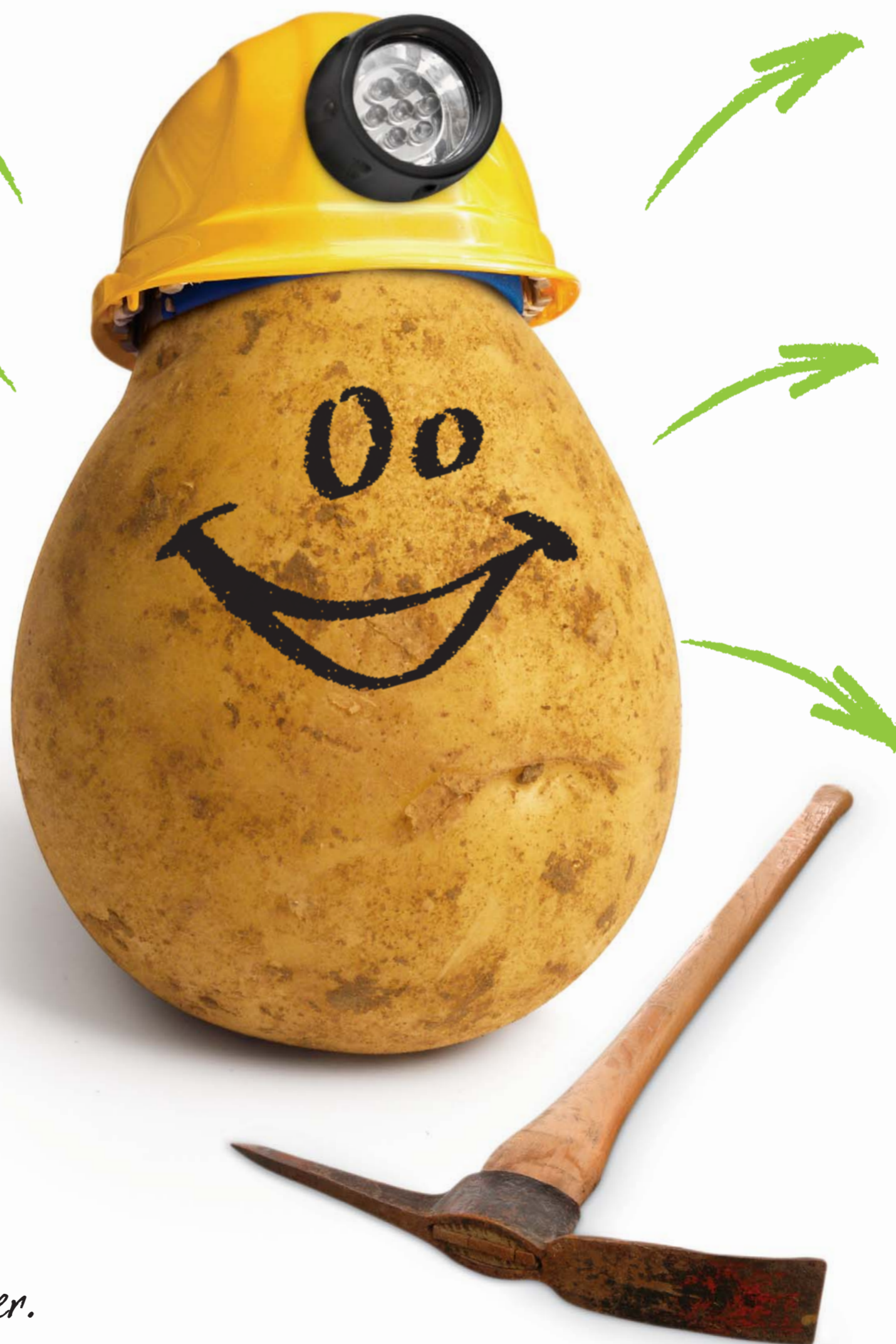
A balanced source of minerals for a balanced healthy diet, particularly potassium, iron and magnesium. Low in sodium.

Bursting with vitamin C

One potato gives you around half your daily vitamin C. Kiwis love me so much they get around 30% of their vitamin C intake from me!

Valuable for B group vitamins

Including B6, thiamin and niacin.



Scan with your phone to know me better.

potatoes.co.nz

More information and recipes www.potatoes.co.nz



Pick the Tick

All fresh potatoes get the Tick. Use ingredients which are lower in fat and salt.

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