



Potatoes with
skins are a natural
source of fibre

Authorised EU Nutrition Claim

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Potatoes are
naturally **fat free**

Authorised EU Nutrition Claim


LovePotatoes.co.uk




Potatoes
are naturally
salt free

Authorised EU Nutrition Claim

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Potatoes are a natural source of **potassium**, which helps normal:

- Blood pressure maintenance
- Muscle function
- Nerve function

Authorised EU Nutrition & Health Claims

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**Potatoes** are a natural source of **thiamin**, which helps normal:

- Heart function
- Psychological function
- Nerve function
- Release of energy from foods

Authorised EU Nutrition & Health Claims

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