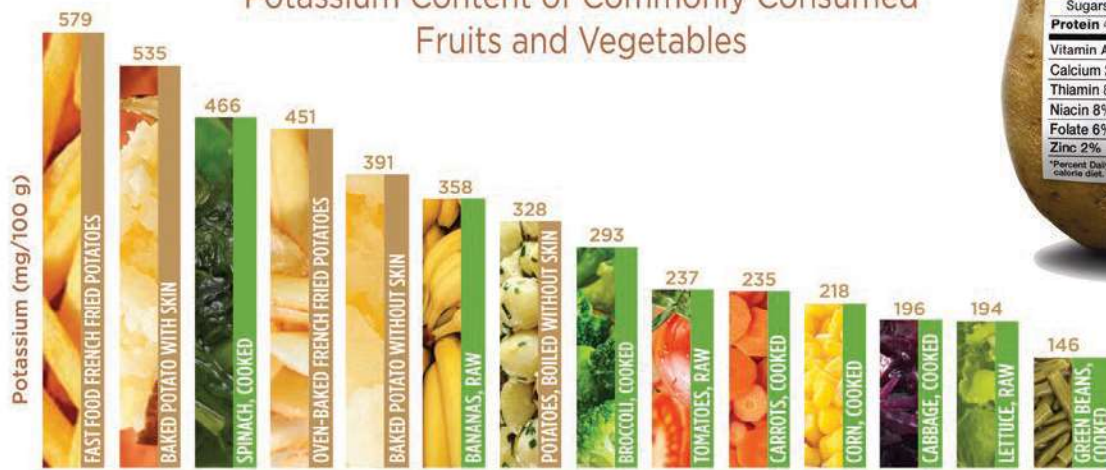


Potato Nutrition

Potassium Content of Commonly Consumed Fruits and Vegetables



Data are from USDA, Agricultural Research Service, National Nutrient Database for Standard Reference, Release 25, July 2013.



Oven-Baked Fries

small serving, 74 grams⁶ (over 90% of fries served in schools)

- 116 calories
- 3.6 grams fat (0.8 g saturated)
- 0 mg cholesterol
- 0 g trans fat
- 330 mg potassium (10% DV)
- 1.9 g fiber (8% DV)
- 5% DV Magnesium
- 6% DV Vitamin B₆
- 16% DV Vitamin C



Deep-Fried Fries

small serving, 71 grams⁶

- 222 calories
- 10 grams fat (1.6 g saturated)
- 0 mg cholesterol
- 0 g trans fat
- 410 mg potassium (14% DV)
- 2.7 grams fiber (10% DV)
- 6% DV Magnesium
- 13% DV Vitamin B₆
- 6% DV Vitamin C



Dietary Fiber of Commonly Consumed Vegetables



Data are from USDA Agricultural Research Service, National Nutrient Database for Standard Reference, Release 26.

Nutrition information provided by the Alliance for Potato Research and Education

Potato Quick Facts

Top 10 Export Markets

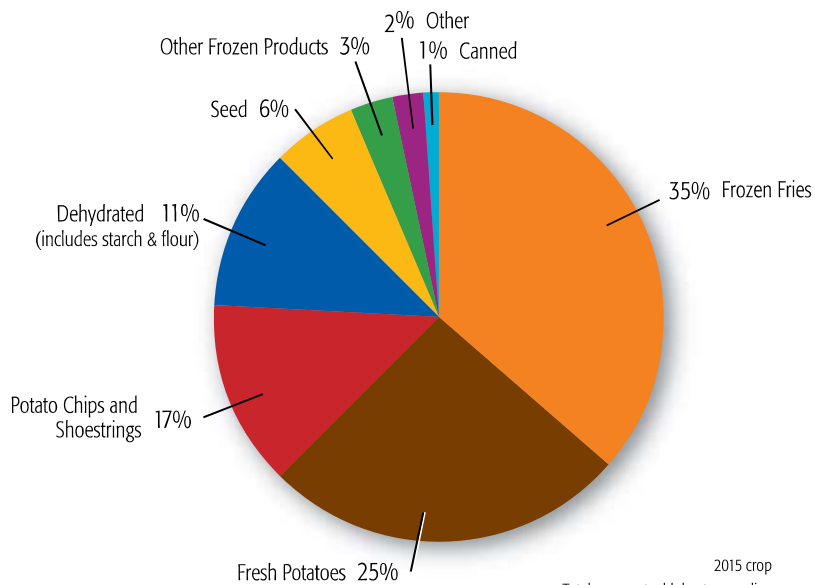
(by value for calendar year 2016)

1	Japan	\$345 million
2	Canada	\$287 million
3	Mexico	\$229 million
4	China	\$135 million
5	South Korea	\$110 million
6	Philippines	\$89 million
7	Taiwan	\$75 million
8	Malaysia	\$52 million
9	Saudi Arabia	\$46 million
10	Australia	\$42 million

Source: Department of Commerce, U.S. Census Bureau, Foreign Trade Statistics

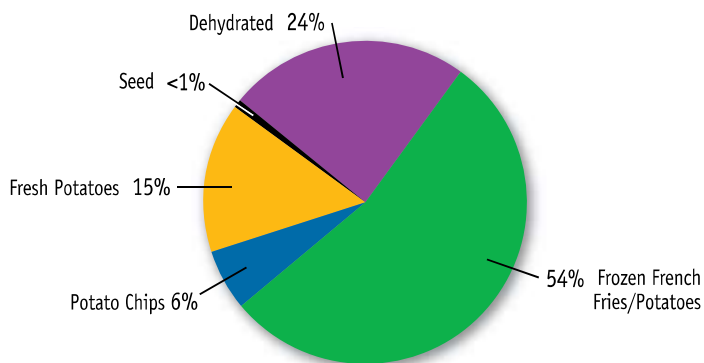
Production, Consumption, and Exports

Utilization of Potatoes



2015 crop
Totals may not add due to rounding
Source: USDA/NASS

Market Share of Exported U.S. Potatoes



2016 Figures
Source: U.S. Department of Commerce

U.S. Potato Production Figures

Harvested	1,054,400 acres
Planted	1,066,100 acres
Production	44 billion pounds
Value of Production	\$3.87 billion
Yield	46,816 pounds per acre

2016 figures
Source: USDA/NASS

Top 10 Producing States (in billion pounds)

1	Idaho	13.0
2	Washington	10.0
3	Wisconsin	2.8
4	North Dakota	2.8
5	Colorado	2.3
6	Oregon	2.2
7	Michigan	1.8
8	Minnesota	1.6
9	Maine	1.6
10	California	1.4

2015 crop
Source: USDA/NASS