

NUTRITION IN SKIN VS. FLESH

FACT CHECK



Q: Are all the nutrients in the skin of the potato?

A: No. While the skin does contain approximately half of the total dietary fiber, the majority (> 50%) of the nutrients are found within the potato itself.

FACTS

- The **only** nutrient significantly lost when the skin is removed is *fiber*.
 - A medium (5.2 oz) potato contains 2 grams of fiber with the skin and 1 gram of fiber without the skin.¹
- Potassium and vitamin C are found predominantly in the flesh of the potato.
 - A medium (5.2 oz) potato with the skin contains 620 mg of potassium and 27 mg of vitamin C.¹ Removing the skin eliminates approximately 150 mg of potassium and 4.5 mg of vitamin C.²

REFERENCES

1. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016.
Internet: <http://www.ars.usda.gov/ba/bhnrc/ndl>
2. Code of Federal Regulations. Guidelines for the voluntary nutrition labeling of raw fruits, vegetables and fish. Sec 101.45. <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfrcfr/CFRSearch.cfm?fr=101.45>. Accessed 3/18/18.