

# MAINE POTATO FACT SHEET

## NUTRITIONAL VALUE:

- Potatoes are a starchy vegetable that provide at least 10% of daily value of two of the four nutrients of concern for children – potassium and dietary fiber.
- School children are not meeting their potassium or dietary fiber requirements. The U.S. Department of Agriculture's own research specifically demonstrates that school meal programs participants are not meeting their potassium and fiber requirement, since mean daily potassium and fiber intakes of students at all school levels were less than 100 percent of their respective Adequate Intakes.
- According to the Dietary Guidelines for Americans (DGA) 2010, one small baked potato is the number one source of potassium in the diet, providing 738 mg of potassium in just 128 calories, and is listed among the top sources of dietary fiber (3 gm).
- DGA also recommended that all Americans, including school age children, consume 5 cups of starchy vegetables a week. This is an increase in recommended consumption from the recommendations of the 2005 Dietary Guidelines for 3 cups of starchy vegetables per week.
- Potatoes provide 45 percent of the recommended daily value of Vitamin C and 6 percent of Iron.

## ECONOMIC VALUE:

- Maine potato farmers planted nearly 55,000 acres in 2010, with a yield of 29,000 pounds per acre.
- In total, 1.6 billion pounds of potatoes were produced last year with a value of \$159.2 million.
- The value of Maine's potato harvest has been on the rise. In 2009, it jumped 5% compared with 2008 to \$150 million, and yet again in 2010 with its value increasing 3% over the previous year.
- According to the USDA and the National Agricultural Statistics Service, potatoes accounted for 24 percent of Maine's total agricultural cash receipts in 2009, the highest percentage.
- At last count, there are over 350 potato farms in Maine.
- A 2003 Economic Impact Study conducted by the Maine Potato Board estimated that over 2,600 Mainers are employed by the potato industry, while also indirectly creating 2,400 additional jobs through its chain of suppliers.

**Unless noted otherwise, facts and figures are courtesy of the Maine Potato Board.**

<http://www.mainepotatoes.com/>