

# 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.<sup>1</sup>
- 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.<sup>1</sup> Removing the skin eliminates approximately 150 mg of potassium and 4.5 mg of vitamin C.<sup>2</sup>

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## 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.