

WHITE POTATOES VS. SWEET POTATOES FACT CHECK



Q: How do sweet potatoes and white potatoes compare when it comes to their nutrition profiles?

A: Both sweet and white potatoes provide similar amounts of key nutrients including protein (2g and 3g respectively), potassium and vitamin B6, all of which contribute to a well-balanced, nutrient-dense diet.

Note: "White" potatoes refer to the seven common potato types: russet, yellow, white, red, purple/blue, fingerling and petite.

FACTS

- Potatoes and Sweet Potatoes are both included on the FDA's Top 20 Raw Vegetable list!
 - Data for potatoes is based on a medium-size potato (148 grams/5.3 ounces).
 - Data for sweet potatoes is based on a medium-size sweet potato (130 grams/4.6 ounces).
- The FDA's nutrient analysis for the Top 20 Raw Vegetables indicates the following:
 - Both white and sweet potatoes are good sources of potassium. A medium-size white potato offers 620 mg of potassium while a medium-size sweet potato offers 440 mg of potassium.
 - Both white potatoes and sweet potatoes are excellent sources of vitamin C. A medium-size white potato provides 45 percent of the daily value, which is more vitamin C than one medium-size sweet potato (at 30 percent of the daily value).
 - White potatoes are similar in calories and carbohydrates when compared to sweet potatoes. One medium-size white potato contains 110 calories and 26 grams of carbohydrate, while one medium-size sweet potato contains 100 calories and 23 grams of carbohydrate.
 - A medium-size white potato provides 3 grams of protein while a medium-size sweet potato provides 2 grams of protein.
 - Sweet potatoes are an excellent source of beta carotene, a component of vitamin A, as evidenced by their yellow-orange flesh. One medium-size sweet potato provides enough vitamin A to meet daily needs.
- According to the US Department of Agriculture National Nutrient Database, the following is also true (based on a medium-size 5.3 ounce white or sweet potato)²:
 - Both white and sweet potatoes are a good source of vitamin B6.

REFERENCES

1. FDA Top 20 Raw Vegetables: <https://www.fda.gov/Food/LabelingNutrition/ucm114222.htm>
2. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015, slightly revised May 2016. Internet: <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/nutrient-data-laboratory/>