



Whole Food Nutrition  
Never Tasted So Good!

## Why We Use Freshly Baked and Cooled Whole Potato Instead of Adding Supplements

### Whole Baked Potatoes are one of the richest sources of balanced vitamins and minerals!

Fresh, whole baked and cooled potatoes provide a wealth of vitamins and minerals essential in the dog's diet, along with fiber and a number of antioxidants. Whole potatoes contain more than 60 vitamins and phytochemicals including flavonoids, which support immunity, heart health and protect against some types of cancer. Some holistic nutrition experts recommend white baked and cooled potatoes to neutralize body acids which can benefit dogs with sensitive stomachs, and reduce some causes of inflammation and rheumatism. Properly cooling whole potatoes immediately after baking causes the starch to convert into a straight chain form with less surface area which makes it act more like a fiber than a starch, passing through the small intestine without being converted into glucose, and spending more time in the large intestine (colon) where short chain fatty acids such as acetate, butyrate, and propionate are produced. These fuel growth of good digestive bacteria and enzymes and help suppress the growth of "bad" bacteria. Whole baked and cooled potatoes are a natural source of digestive bacteria and enzymes often supplemented in processed foods, and offer a variety of health benefits:

- 🐾 Stimulate blood flow to the colon and increase nutrient circulation
- 🐾 Inhibit the growth of pathogenic "bad" bacteria and promote growth of "good" bacteria and enzymes
- 🐾 Help suppress absorption of toxic or carcinogenic compounds
- 🐾 Help to lower blood cholesterol and fat levels
- 🐾 Help alleviate irritable bowel syndrome and constipation by stimulating production of immune cells in the digestive tract
- 🐾 Aid in regulating regulate bowel movements
- 🐾 Assist in and the rehydration process following diarrhea
- 🐾 Help to prevent the development of abnormal bacterial cells in the colon and enhance mineral absorption (especially calcium and magnesium)

Freshly baked and cooled potatoes are highly digestible by dogs – meaning they absorb more of the nutrients from the natural food source, eliminating the need to add supplements, and do not contribute to spikes in glucose levels. Even the Glycemic Research Institute endorses baked whole potatoes when blended with high quality protein.



### Natural Source of Nutrients:

Whole, baked potatoes are a natural source of many essential nutrients and antioxidants, highly digestible in their natural state:

- 🐾 **Vitamin C** – Discourage formation of bladder stones, reduce symptoms of urinary tract infection, aid in bone formation, reduce joint pain.
- 🐾 **B Vitamins** – Conversion of proteins, fats, and carbohydrates into energy, maintain healthy skin and hair growth, digestion and muscle function.
- 🐾 **Choline** – Muscle control, memory.
- 🐾 **Vitamin K** – Essential for blood clotting.
- 🐾 **Vitamin E** – Metabolism of fats, improvement in arthritis, brain function, memory.
- 🐾 **Potassium** – Function of enzymes, muscles, nerves, fluid balance.
- 🐾 **Magnesium** – Absorption of vitamins and minerals, bone growth, functioning of enzymes, function, conversion of protein into energy.
- 🐾 **Iron** – Formation of red blood cells, enzyme function.
- 🐾 **Zinc** – Healthy skin and coat, aid in reduced stress and anxiety.
- 🐾 **Copper** - Formation of bone, cartilage, absorption of iron and red blood cells, hair growth.
- 🐾 **Fiber** - Regulate fluids in the intestine, aid in prevention of diarrhea and constipation, reduce risk of colon cancer and anal gland infection.

**MADE WITH  
FRESH  
WHOLE  
FOODS**

# Nutrition Data



**USDA SR-21 Nutrition Data**

| Nutrient Data          | units | Whole Baked Potato | Whole Baked Yam | Whole Grain Brown Rice Baked |
|------------------------|-------|--------------------|-----------------|------------------------------|
| <b>Tot weight</b>      | g     | <b>100</b>         | <b>100</b>      | <b>100</b>                   |
| <b>Calories</b>        | cal   | <b>93</b>          | <b>116</b>      | <b>112</b>                   |
| Water                  | g     | 75                 | 70              | 73                           |
| Protein                | g     | 3                  | 1               | 3                            |
| Fat                    | g     | 0                  | 0               | 1                            |
| Calcium                | mg    | 15                 | 14              | 10                           |
| Magnesium              | mg    | 28                 | 18              | 43                           |
| Phosphorus             | mg    | 70                 | 49              | 83                           |
| Potassium              | mg    | 535                | 670             | 43                           |
| Sodium                 | mg    | 10                 | 8               | 5                            |
| Iron                   | mg    | 1.1                | 0.5             | 0.4                          |
| Zinc                   | mg    | 0.4                | 0.2             | 0.62                         |
| Copper                 | mg    | 0.1                | 0.2             | 0.1                          |
| Manganese              | mg    | 0.2                | 0.4             | 0.9                          |
| Selenium               | mcg   | 4.0                | 0.7             | 9.8                          |
| B1 (thiamin)           | mg    | 0.1                | 0.1             | 0.1                          |
| B2 (riboflavin)        | mg    | 0                  | 0               | 0.01                         |
| B3 (niacin)            | mg    | 1.4                | 0.6             | 1.3                          |
| B5 (pantothenic acid)  | mg    | 0.4                | 0.3             | 0.4                          |
| B6 (pyridoxine)        | mg    | 0.3                | 0.2             | 0.1                          |
| Folic Acid/Folate      | mg    | 0.028              | 0.016           | 0.004                        |
| B12 (cyanocobalamin)   | mg    | 0                  | 0               | 0                            |
| Vitamin A              | IU    | 10                 | 122             | 0                            |
| Vitamin E              | mg    | 0                  | 0.3             | 0                            |
| Vitamin D              | IU    | 0                  | 0               | 0                            |
| Tryptophan             | g     | 0.039              | 0.012           | 0.03                         |
| Theonine               | g     | 0.091              | 0.052           | 0.08                         |
| Isoleucine             | g     | 0.101              | 0.05            | 0.09                         |
| Leucine                | g     | 0.15               | 0.094           | 0.19                         |
| Lysine                 | g     | 0.152              | 0.058           | 0.09                         |
| Methionine-cystine     | g     | 0.039              | 0.02            | 0.12                         |
| Phenylalanine-tyrosine | g     | 0.111              | 0.069           | 0.12                         |
| Valine                 | g     | 0.141              | 0.06            | 0.14                         |
| Arginine               | g     | 0.115              | 0.124           | 0.17                         |
| Histidine              | g     | 0.054              | 0.033           | 0.06                         |
| Chloride               | mg    | 0                  | 0               | 0                            |
| Iodine                 | mg    | 0                  | 0               | 0                            |
| Choline                | mg    | 14.8               | 16.2            | 9.8                          |
| Linoleic acid          | mg    | 43                 | 50              | 283                          |
| Omega-9                | mg    | 1                  | 5               | 297                          |
| Omega-3                | mg    | 13                 | 9               | 13                           |
| Omega-6                | mg    | 43                 | 50              | 283                          |
| Fibre                  | g     | 2                  | 4               | 2                            |
| Ash                    | g     | 1.3                | 0.8             | 0.38                         |
| Carbohydrate           | g     | 21                 | 27              | 23.5                         |
| Est. Glycemic Load     | na    | 10                 | 12              | 11                           |

## Resistant Starch Content

