

BENEFITS OF POTATO

POTATOES ARE A SUPER FOOD!



RESISTANT STARCH IS GOOD FOR US

Potatoes are a good source of resistant starch.

Our health is greatly impacted by the health of our gut microbes, which need to be fed prebiotics, specifically the kind derived from resistant starch. *Resistant starch resists digestion.* It does not break down into glucose and instead becomes food for the gut and supports a healthy and diverse microbiota. It passes through your small intestine and is utilized in the large intestine. There, it ferments into postbiotics such as short-chain fatty acids, which provide anti-inflammatory compounds that are essential for gut, immune, brain and metabolic health. As a result, resistant-starch helps maintain a healthy metabolism, improve blood sugar, and promote weight loss.

Resistant starch does not act as a carbohydrate and instead increases your body's ability to burn fat.

YEAST & POTATO

In healthy dogs and cats, **yeast infections are localized.**

This means they likely arose as a secondary infection taking advantage of damage to the skin barrier either due to injury or irritation from an ingredient sensitivity. The cells in the skin have the same composition no matter how much starch is in the diet, **and yeast will not jump from your digestive system to your pet's paws or ears.** In rare cases, typically due to a compromised immune system, yeast infections can be systemic and observed as body-wide growth.

WHY NOT SWEET POTATO?

- ♥ Most of the world's sweet potatoes are produced overseas, and we prefer to use regional ingredients.
- ♥ Sweet potatoes are higher in sugar than russet potatoes.

BENEFITS OF POTATO

- ♥ Easy to digest, highly satiating, Eat Less. Feel Full.
- ♥ Great source of essential vitamins, minerals, and antioxidants.
- ♥ Low in protein when compared to legumes. This often means more protein is coming from meat in the diet.
- ♥ Complex carbohydrate that does not cause a sugar spike in our bodies. As part of our complete diet, potatoes are low glycemic.
- ♥ Potatoes are considered a relatively rare allergen for dogs and cats, and therefore are a great option for Limited Ingredient Diets.

