

# START COOKING WITH CARISMA POTATOES



## HEALTH BENEFITS



Studies have shown a lower GI lifestyle can help prevent diseases like Type 2 diabetes, gallbladder and heart diseases and even breast cancer.\*

## SKIN ON

Leaving the skin on Carisma® potatoes boosts the nutritional value by up to 35%\*\*

## LOWER GI FOR MORE ENERGY



Lower GI helps sustain the energy for longer, instead of having a spike in your blood sugar levels.

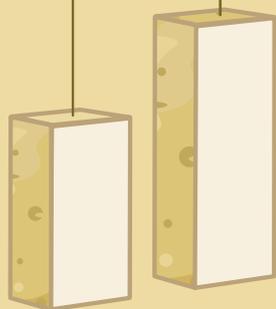


## VERSATILE AND TASTY

Slice, wedge, mash, chop and roast them. Even fussy eaters love Carisma® Potatoes.

## 25% LESS CARBS CARISMA

- Kestrel
- White Star
- Royal Blue
- Crop 13
- Sebago
- Eva
- Mozart
- Sifra



## ISN'T IT TIME YOU STARTED COOKING WITH CARISMA®?



\*<https://www.gisymbol.com/>  
 \*\* <https://lambweston.eu/uk/benefits-of-skin-on-fries>  
 \*\* <https://www.abc.net.au/everyday/do-you-really-need-to-peel-potatoes/101352212>

