

START COOKING WITH CARISMA POTATOES

ONLY
at coles

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!**

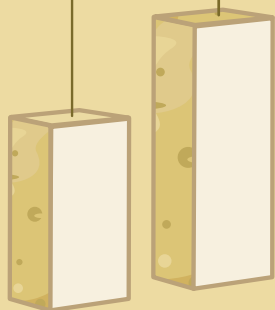
VERSATILE
AND
TASTY



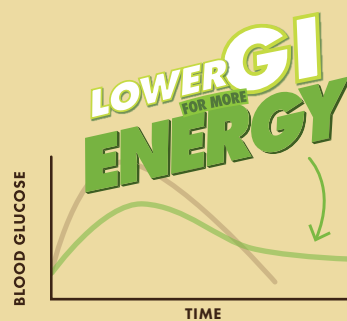
Slice, wedge, mash, chop and roast them. Even fussy eaters love Carisma® Potatoes.

25%
LESS
CARBS
CARISMA

Kestrel
White Star
Royal Blue
Crop 13
Sebago
Eva
Mozart
Sifra



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



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



*<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>