

START COOKING WITH CARISMA POTATOES

ONLY
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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*

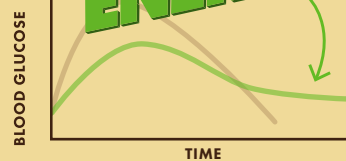
NON GMO

Non-GMO! All of our potatoes are bred using traditional cross-pollination which is a completely natural process!

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.

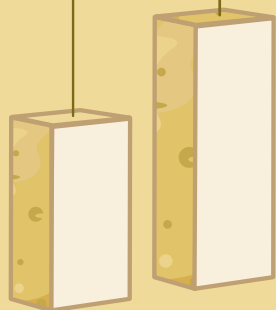
VERSATILE AND TASTY

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