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“The Truth About Potatoes”
10 Reasons Why It’s Okay to Love Potatoes

Denver, CO (May 14, 2007) – Recent diet fads and conflicting trends have caused confusion amongst consumers. What’s okay to eat these days? To ease the bewilderment, here are some answers to the top ten nutrition-related questions about potatoes, answered from the nutrition experts at the U.S. Potato Board (USPB). Potato lovers, you’re going to be very happy with the truth!

- 1. Are potatoes a vegetable?*

Yes! The popular tuber counts toward the total recommended servings of vegetables. One medium-sized potato (5.3 oz.) counts as 1 cup of starchy vegetables (www.mypyramid.gov).
- 2. Are potatoes fattening?*

No! One medium-size potato (5.3 oz.) is fat- and cholesterol-free.
- 3. Does a potato really have more potassium than a banana?*

Yes! Potatoes rank highest for potassium content among the top 20 most frequently consumed raw vegetables and the top 20 most frequently consumed raw fruits¹. Skin-on potatoes are a good source of potassium, which helps maintain normal blood pressure.
- 4. Do potatoes have a lot of calories?*

No! One medium-size potato (5.3 oz.) has 110 calories. Toppings increase caloric levels, so try using salsa, steamed veggies, or low-fat sour cream.
- 5. Are potatoes a complex carbohydrate?*

Yes! The majority of carbohydrates in potatoes are complex carbohydrates. Carbohydrates are the body’s main energy source.
- 6. Do potatoes contain many nutrients beside carbohydrate?*

Yes! A potato eaten with the skin offers important dietary fiber, is rich in vitamin C and a good source of both potassium and vitamin B6. In addition, potatoes also have small amounts of 9 other vitamins and minerals.

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7. Can potatoes be part of a healthful diet?

Yes! The U.S. Dietary Guidelines have always shown that potatoes can be part of a well-balanced diet.

8. Are all the potato's nutrients found in the skin?

No! Vitamin C, potassium and fiber are all found in the “flesh” and skin of the potato, which is why it’s best to enjoy every part of the spud.

9. Do potatoes have antioxidants?

Yes! Potatoes do contain antioxidants. The amount and type depend on the variety of potato but the predominant antioxidants are certain carotenoids, and anthocyanins.

10. Are there healthy ways to prepare potatoes so they stay nutritious?

Yes! Try topping a baked potato with salsa, steamed vegetables, and low-fat sour cream. Or, mash potatoes with low-fat chicken broth. Potatoes roasted with olive oil, garlic, and a touch of herbs are delicious. For more healthy potato recipes, visit www.healthypotato.com.

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ⁱ Source: DHHS FDA 21 CFR Part 101, Docket No. 2001N-0548, Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Correction)