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Evidence-based project to dispel myths about potatoes in diet

A new initiative will put the latest independent research on the nutritional value of potatoes at the fingertips of health professionals.

The initiative aims to dispel myths about potatoes and provide fresh nutritional testing for the popular vegetable.

Funded by Hort Innovation, the evidence-based project, *Aussie Potatoes – the power packed wholefood* will take its message on the road later this year to key conferences.

Accredited Practising Dietitian Jane Watson said potatoes were getting a bad rap with the rise of diets such as keto which consequently meant consumers were missing out on the nutritional benefits.

“Dietitians, nutritionists, doctors and sports health specialists understand not only the nutritional value of vegetables such as potatoes but also the ebb and flow of food fads,” Dr Watson said.

“It’s time to take a fresh look at an old nutritional friend, the not-so-humble potato. It’s a plant-based, power-packed part of a balanced diet.”

Dr Watson said potatoes were known to be an important source of dietary fibre, vitamin C and B6, potassium, folate, iron, and, when cooked and cooled, resistant starch.

“Potatoes contain a range of antioxidants, including phenols, flavanols, anthocyanins and carotenoids,” Dr Watson said.

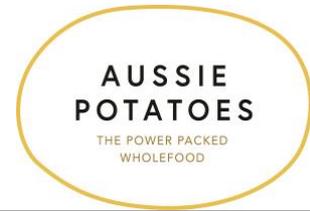
“Pigmented potatoes provide a particularly rich source of anthocyanins. Antioxidants in fruit and vegetables, such as potatoes, are an important part of a healthy diet and can increase sports performance food and offer the nutritional benefits to fuel athletes.”^{1 2}

A Food and Agriculture Organization of the United Nations study shows potatoes can play an important role in global food security, providing a sustainable food supply.

The project will include a website including links to peer-reviewed research papers, fact sheets and educational opportunities including webinars.

¹ McGill, C., Kurilich, A. and Davignon, J. (2013). The role of potatoes and potato components in cardiometabolic health: A review. *Annals of Medicine*, 45(7), pp.467-473.
<https://doi.org/10.3109/07853890.2013.813633>

² Vinson, J., Demkosky, C., Navarre, D. and Smyda, M. (2012). High-Antioxidant Potatoes: Acute in Vivo Antioxidant Source and Hypotensive Agent in Humans after Supplementation to Hypertensive Subjects. *Journal of Agricultural and Food Chemistry*, 60(27), pp.6749-6754.
<https://doi.org/10.1021/jf2045262>



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**POTATO –
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