



**Wednesday, 1 April 2020**

### **Nutrition webinar to dispel potato myths**

Australian health professionals are invited to join the battle against misinformation and myths about potato nutrition by equipping themselves with the latest evidence-based research.

Dr Jane Watson, Accredited Practising Dietitian, will deliver a webinar titled *Follow the Science – Preparing potatoes without losing nutrients* on **Wednesday, 8 April at 10am** (see link below).

Funded by Hort Innovation, the webinar is part of an evidence-based project, *Aussie Potatoes – the power packed wholefood*.

The new initiative is putting the latest independent research on the nutritional value of potatoes at the fingertips of health professionals and providing fresh nutritional testing for the popular vegetable.

“The latest research shows there are four key ways to protect nutrients when preparing potatoes,” Dr Watson said.

“These include keeping the skin on, eating pigmented potatoes, steaming or microwaving, and eating cooked potatoes cold as a source of resistant starch.

“During the webinar we’ll look at the science behind these four recommendations and what it means for health professionals and their clients.”

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

“Antioxidants in fruit and vegetables, such as potatoes, are an important part of a healthy diet. Potatoes are packed with nutrients that optimise health and sporting performance” she said.

Potatoes contain a range of antioxidants, including phenols, flavonols, anthocyanins and carotenoids, with pigmented potatoes providing a particularly rich source of anthocyanins, she said.

To register for the webinar, click on this link

[https://us04web.zoom.us/webinar/register/WN\\_Pt7VTfLDTNWcpyIdepo8fg](https://us04web.zoom.us/webinar/register/WN_Pt7VTfLDTNWcpyIdepo8fg)

After registering, you will receive a confirmation email containing information about joining the webinar.

#### **Media contact:**

Rachel Bowman

Seedbed Media

Ph: 0412 290 673

Email: [rachelb@seedbedmedia.com.au](mailto:rachelb@seedbedmedia.com.au)

**Hort  
Innovation**  
Strategic levy investment

**POTATO –  
FRESH FUND**

This project has been funded by Hort Innovation using the fresh potato research and development levy and funds from the Australian Government. For more information on the fund and strategic levy investment visit [horticulture.com.au](http://horticulture.com.au)