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Aussie Potatoes website goes live with key nutritional resources

A new website launched this week is putting evidence-based research about potato nutrition at the fingertips of health professionals.

The website, www.aussiepotatoes.com, includes current research, with links to peer-reviewed journal articles and supporting material including fact sheets, infographics and webinars.

The recent Aussie Potatoes webinar, *Following the Science – Preparing potatoes without losing nutrients* delivered by Accredited Practising Dietitian, Dr Jane Watson is also housed on the website with video and slides.

The website is a key part of Australia’s peak horticultural research and development body Hort Innovation’s evidence-based project, *Aussie Potatoes – the power packed wholefood*.

Jemma O’Hanlon, Hort Innovation R&D Manager said the project aimed to dispel myths and counter misinformation around consuming the popular vegetable.

“As well as linking health professionals including dietitians with the best science around potato nutrition, the project will also produce fresh nutritional testing results for potatoes,” Ms O’Hanlon said.

The latest research confirms there are four key ways to protect nutrients when preparing potatoes.

Accredited Practising Dietitians (APD) working on the Aussie Potatoes project continue to review and summarise emerging evidence for dissemination to an audience of health and medical professionals.

ADP Dr Jane Watson says maximising the nutritional benefits of potatoes includes keeping the potato skin on during preparation and consumption, choosing pigmented potatoes, steaming or microwaving, and eating cooked potatoes cold as a source of resistant starch.

Potatoes are known to be an important source of dietary fibre, vitamin C and B6, potassium, folate and resistant starch, Dr Watson says.

Visit www.aussiepotatoes.com

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