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Nutritional testing confirms value of potato as a nutritious wholefood

Fresh data on the nutritional and fibre value of potatoes confirm they are a highly nutritious wholefood and an excellent source of fibre, especially when cooked and cooled.

The Hort Innovation-funded Aussie Potatoes project recently invested in up-to-date nutrition testing of readily available potato varieties potatoes sampled from across the nation’s growing regions.

Accredited Practising Dietitian (APD), Dr Jane Watson said the results added to the body of knowledge about potato nutrition and challenged myths.

“Potatoes are a quality carbohydrate that can be consumed with confidence,” Dr Watson said.

“Fibre intakes in Australia are lower than recommended with less than 30% of adults meeting the recommendations (25g per day for women and 30g for men).

“Consuming potatoes, particularly in their skins when cooked and cooled, is a great strategy for increasing fibre.”

Dr Watson said fibre intake was a key part of healthy eating and associated with lower risk of cardiovascular disease, blood pressure, Type 2 diabetes and better cholesterol management, blood glucose level control, increased insulin sensitivity and greater diversity of gut microbiota.

“For every 8g more fibre consumed per day research shows a 19% decrease in risk of heart disease, 15% drop in Type 2 diabetes risk and 8% drop in risk of colon cancer,” she said.

“Our recent testing found Aussie potatoes contain an enormous 7.7g of fibre in just one regular spud.”

Six varieties of potato were tested, including Crème Royale, Royal Blue, Sebago, Desiree, Cremoso and Dutch Cream.

The samples were steamed then chilled at 4° Celsius for two hours before testing and results showed average fibre levels of 7.7 grams per 140g medium potato. This included resistant starch levels of 1.6 grams, soluble fibre of 1.9g and insoluble fibre of 3.6g.

The results (see table below) support data from statutory body, Food Standards Australia New Zealand (FSANZ), which shows potatoes are an excellent source of fibre and contribute toward recommended daily intakes of vital nutrients.

| Nutrient | % Daily Intake per serve |
|-----------------|---------------------------------|
| Energy | 4.41 |
| Protein | 5.79 |
| Fat | 0.38 |
| Carbohydrate | 11.35 |



| | |
|------------|-------|
| Fibre | 25.74 |
| Sodium | 0.44 |
| Potassium | 17.68 |
| Vitamin C | 11.56 |
| Vitamin B6 | 2.33 |
| Folate | 0.06 |
| Magnesium | 7.76 |

For evidence-based information about the nutritional value of potatoes including fact sheets on protecting nutrients, resistant starch, and the glycemic index, visit the Aussie Potatoes website www.aussiepotatoes.com.

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**Hort
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