



# Potato

## HEALTH BENEFITS

### MEDICINAL PROPERTIES

#### Hipotensive, Nutritious

#### Main Applications

- Controlling blood pressure
- Treating skin problems



#### Supportive Compounds

- Phenolic compounds

#### Medicinal Actions

Potatoes contain **phenolic compounds** with antioxidant, hypotensive and antimicrobial properties that are still under investigation. While many of their phytochemicals have not yet been identified, potatoes' nutritional value is well understood, and its content of **essential minerals** seems to be partially responsible for the blood pressure lowering effects of this Andean tuber.

### How to Use Potato

- COOKED
- DRIED
- FLAKES
- JUICE
- POWDER
- STARCH
- ORAL SOLUTION
- POULTICE



#### Did you know?

Potatoes are a great source of **iron, copper, and manganese**, all essential minerals for preventing anemia and controlling blood pressure as well as healthy bones. Potatoes also provide adequate amounts of **magnesium** and **potassium**, both important for vascular health.

# The Ultimate Guide To COOKING POTATOES



Potatoes **behave differently** when cooked. Find out what's best for **your next dish**.



## STARCHY

Low in moisture but high in starch content, resulting in a whiter-colored flesh and a floury texture.




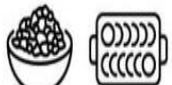
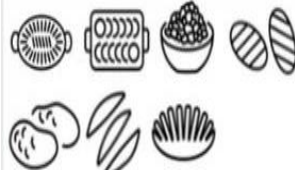

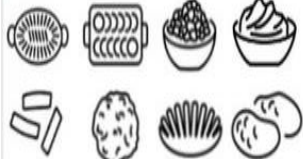
## WAXY

High in sugar and moisture with low levels of starch. They often have waxy skin and flesh that's firm and creamy.



## ALL-PURPOSE

A versatile option with starch levels that range between waxy and starchy varieties. Great for any potato recipe.

Potato Type	Best Uses	Limitations
Starchy		
Waxy		
All-Purpose		Works in any potato recipe, but a mash is usually better using starchy types.

## Best Uses For Each Potato Type



Roasted Scalloped Salad Mashed Hot chips



Grilled Pancakes Hasselback Boiled Wedges



## STARCHY

- Russets
- Idaho
- Maris Piper
- Vitelotte
- Sweet Potatoes
- Kind Edward

## WAXY

- French Fingerling
- Charlotte
- Russian Banana
- Rose Finn Apple
- Red Thumb
- Red Bliss

## ALL-PURPOSE

- Desiree
- Yukon Gold
- Kennebec
- All Blue
- Purple Majesty
- White/Purple

# HOT POTATO

Turn to these taters for a side dish to accompany one of Nana's recipes!



## YUKON GOLD

They're best for boiling, baking and making french fries. They'll also stand up well to grilling, pan-frying and roasting.



## IDAHO RUSSET

They're also very absorbent, so are great paired with butter and cream — think mashed potatoes. Just don't try using Idaho russets for potato salads, gratins or any dish that requires the potatoes to hold their shape.



## NEW POTATOES

Use them for boiling, steaming, roasting or in soups, but not for baking.



## FINGERLING

Their flavor is mild, nutty and earthy, and their texture firm and moist. They're great for boiling, baking, roasting and using in potato salads, but not desirable in soups.



## RED GARNET YAMS

When cooked, this sweet and slightly earthy flavored potato is moist, starchy and fluffy. Can be used in both sweet and savory dishes. Include them in pie fillings, soups, stir-fries and sauces.

**Schnucks**

# POTATOES FUEL PERFORMANCE



A nutritional powerhouse, potatoes are a popular, nutrient-dense vegetable that provides fuel and replenishment for athletic performance.\*



## CARBOHYDRATES

Potatoes have **26 grams of carbohydrate per serving, which is 9% of the daily value.** Carbohydrates are a key source of energy for muscles to help you fuel, perform and recover.<sup>1</sup> Carbohydrates are also important for optimal physical and mental performance.<sup>2</sup>

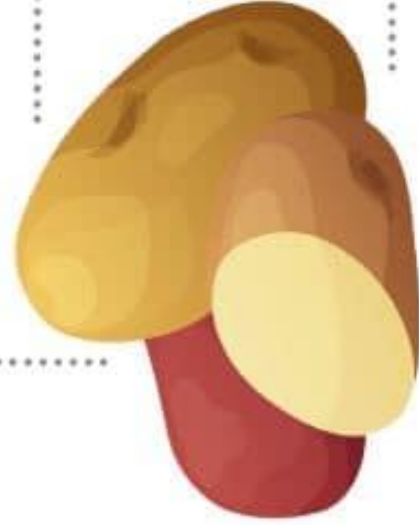
## IRON

Potatoes have **1.1 mg of iron per serving, which is 6% of the daily value and more than half the amount in a 3-ounce beef patty (2.06 mg per serving).**<sup>3</sup> Iron is a mineral involved in making proteins that carry oxygen to all parts of the body, including to the muscles.



## VITAMIN C

Potatoes have **27 mg of vitamin C per serving, which is 30% of the daily value. Potatoes are considered to be an excellent source of this antioxidant.** Vitamin C aids in collagen production—a major component of muscle tissue—and supports iron absorption.<sup>4</sup>



## VITAMIN B6

Potatoes have **0.2 mg of vitamin B6 per serving, which is 10% of the daily value and considered to be a good source.** Vitamin B6 plays important roles in carbohydrate and protein metabolism.



## POTASSIUM

Potatoes have **620 mg of potassium per serving, which is 15% of the daily value and more than a medium-sized banana (422 mg per serving).**<sup>5</sup> Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.<sup>6</sup>



## PROTEIN

Potatoes have **3 grams of protein per serving.** Protein is a key component of muscle and an important nutrient for athletic performance.

## FIBER

Potatoes have **2 grams of fiber per serving, which is 7% of the daily value.** Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose and increasing satiety.<sup>7</sup>



# Potatoes. Real Food. Real Performance.<sup>®</sup>

## WHAT ARE YOU EATING?\*

PotatoesFuelPerformance.com

1. Baker LM, Huxley JA, Wang SQ, Juchaczewski AE. Carbohydrate for training and competition. *J Sports Sci*. 2010; 28(5):suppl 1:57-77.  
2. Thomas DT, Estroff EA, Bales LA, Position of the Academy of Nutrition and Dietetics, Division of Endocrinology and Metabolism, and the American College of Sports Medicine. Nutrition and athletic performance. *Acad Nutr Pract*. 2016; 13(1):200-218.  
3. USDA Food Composition Database. USDA Food Composition Database. 03/12/2016 06:37. <http://fdc.nal.usda.gov/fdcinfo.html>. Accessed September 9, 2016.  
4. Pagan JM, Carr AC, Vuorio A, et al. The mineral potassium in diet and health. *Nutrients*. 2017; 9(10):1016.  
5. Dahl WJ. Sodium and potassium. *Am J Clin Nutr*. 1993; 57(2):335-39.  
6. One medium potato (149g/5.3 oz) with skin in.