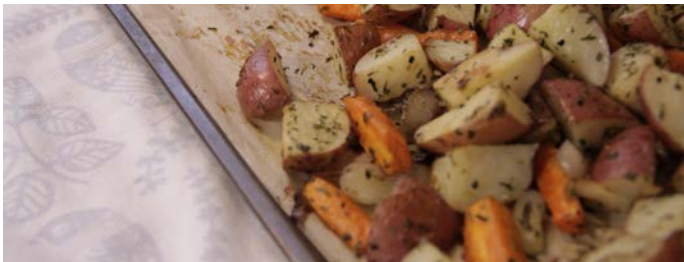


COOKING POTATOES

4 ways to maximise nutritional value



1 Keep the skin on

A potato's skin is rich in key nutrients such as Potassium and Vitamin C. More than 50% can be lost when the skin is peeled.

Leaving the skin on potatoes not only provides more nutrients but makes them quick and easy to prepare.



2 Eat coloured potatoes

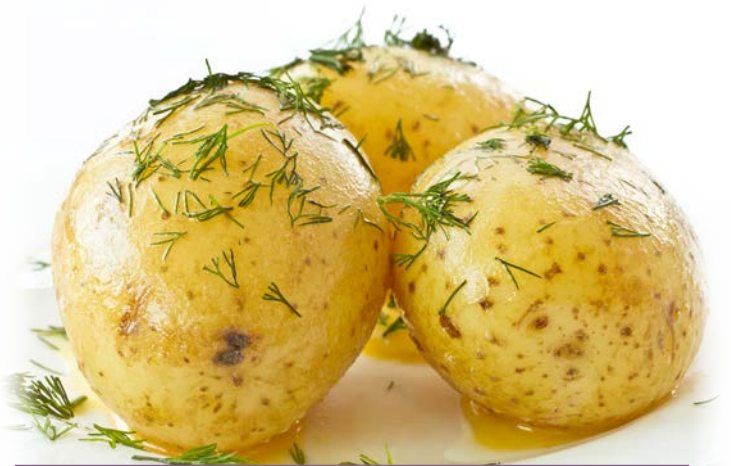
Coloured potatoes (purple, red, yellow) contain many essential antioxidants such as phenolic acids, anthocyanins and carotenoids which can suppress the damage caused to cells and blood vessels by oxidative stress via suppression of proinflammatory molecules like C-Reactive Protein and IL-6.

This can help reduce the risk of certain cancers, cardiovascular disease and metabolic disorders. Add some colour to your plate with coloured potatoes!

3 Steam or microwave

Some cooking methods can alter the nutritional value of potatoes and lead to a decrease in micronutrients, particularly Vitamin C and other antioxidant and minerals.

Generally, nutrient retention is better when potatoes are steamed or microwaved, due to relatively lower cooking temperatures and shorter cooking times.



4 Store and eat your cooked potatoes cold

Cold storage of cooked potatoes promotes the conversion of resistant starch (RS) which is important for gut health and lowers the Glycaemic Index (GI), preventing harmful spikes in postprandial blood glucose levels.



www.powerpackedaussiepotatoes.com

References and further reading

Beals, K. (2018). Potatoes, Nutrition and Health. *American Journal of Potato Research*, 96(2), pp.102-110.

Zaheer, K. and Akhtar, M. (2014). Potato Production, Usage, and Nutrition—A Review. *Critical Reviews in Food Science and Nutrition*, 56(5), pp.711-721.

Johnston, E., Petersen, K. and Krist-Etherton, P. (2019). Abstract 11415: Potatoes and Cardiometabolic Health: A Randomized, Cross-over Study. *Circulation*, 140(1), p.A11415.

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.

Luis, G., Rubio, C., González-Weller, D., Gutiérrez, A., Revert, C. and Hardisson, A. (2011). Comparative study of the mineral composition of several varieties of potatoes (*Solanum tuberosum* L.) from different countries cultivated in Canary Islands (Spain). *International Journal of Food Science & Technology*, 46(4), pp.774-780.

Furrer, A., Chegeni, M. and Ferruzzi, M. (2017). Impact of potato processing on nutrients, phytochemicals, and human health. *Critical Reviews in Food Science and Nutrition*, 58(1), pp.146-168.

Ek, K., Wang, S., Copeland, L. and Brand-Miller, J. (2013). Discovery of a low-glycaemic index potato and relationship with starch digestion in vitro. *British Journal of Nutrition*, 111(4), pp.699-705.

Robertson, T., Alzaabi, A., Robertson, M. and Fielding, B. (2018). Starchy Carbohydrates in a Healthy Diet: The Role of the Humble Potato. *Nutrients*, 10(11), p.1764.

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.

Tian, J., Chen, J., Ye, X. and Chen, S. (2016). Health benefits of the potato affected by domestic cooking: A review. *Food Chemistry*, 202, pp.165-175.

Bidel, Z., Teymoori, F., Davari, S. and Nazarzadeh, M. (2018). Potato consumption and risk of type 2 diabetes: A dose–response meta-analysis of cohort studies. *Clinical Nutrition ESPEN*, 27, pp.86-91.

Schwingshackl, L., Schwedhelm, C., Hoffmann, G. and Boeing, H. (2018). Potatoes and risk of chronic disease: a systematic review and dose–response meta-analysis. *European Journal of Nutrition*, 58(6), pp.2243-2251.

**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