

POTATO 'MYTHS'



Myth 1 – All carbs are bad!

Carbs is short for carbohydrates which are an important source of energy for our bodies, in fact carbohydrate is our brain's preferred fuel. Potatoes are "good carbs".

Potatoes are good carbs!

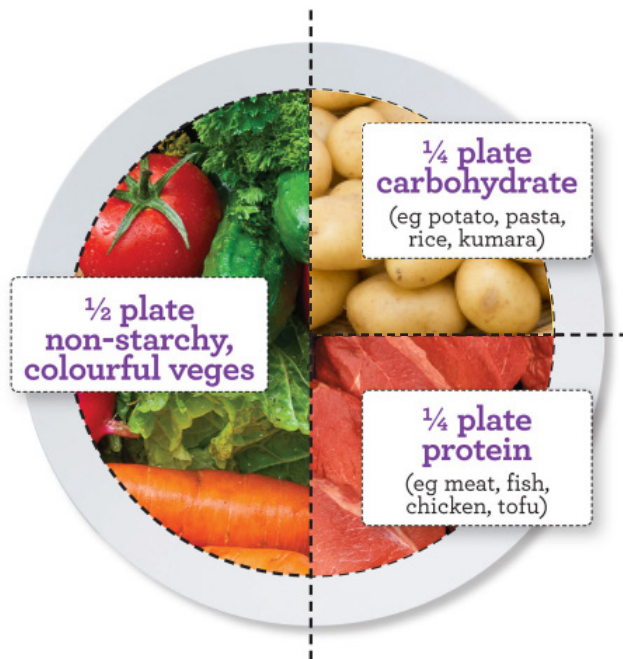
There are 3 types of 'good' carbohydrates in potatoes:

- **Complex carbohydrate.** Potatoes contain complex carbohydrate which take time to be broken down and absorbed. Complex carbohydrates release energy over time rather, than in one hit like rapidly absorbed sugar and refined carbohydrates.
- **Resistant starchs** are found mainly in cooked and cooled potatoes that have been left to cool. (Great news for potato salad fans). Resistant starch has been found to help healthy gut bacteria grow and help regulate blood glucose levels.
- **Fibre** is another type of healthy carbohydrate found in potatoes. Fibre is important in keeping you regular, but it also helps reduce hunger by giving a feeling of fullness.



Myth 2 – Potatoes make you fat

People gain weight when they continually consume more energy than they use. The best diet to maintain a healthy weight and prevent weight gain is based on eating whole foods such as potatoes – plenty of brightly coloured vegetables, along with smaller servings of carbohydrate rich foods; protein rich foods like beans, lentils, nuts eggs, fish, chicken and red meat. Think of how it looks on a plate...



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Myth 3 – One potato is a portion

Potatoes come in a variety of sizes. As a guide to portion size, use the palm of your hand – a serve is the amount that fits in the palm of your hand.



Potatoes are a good, nutrient rich food. If you add a lot of high energy foods like butter/olive oil, cheese or sour cream to potatoes you have turned your potato into a higher calorie food so consider eating a smaller portion.

Myth 4 – Potatoes take too long to prepare

Potatoes have a delicious, nutritious skin. You don't have to peel potatoes. It is best to just scrub/wash potatoes and cook them with their skins on. This adds more texture and increases the overall level of fibre, potassium and vitamins.



Myth 5 – Potatoes are boring

Potatoes have been consumed for centuries. Whilst traditional cooking techniques are great, there are many easy ways to make potatoes and potato dishes exciting. In today's modern world of technology advancement and cultural diversity we have been exposed to different potato varieties, recipes and cooking methods. Why not try mashing with olive oil; thinly slicing on pizza; roast vegetable salads; steamed then baked, potato skins as a snack; cauliflower, green bean and potato salad?



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