

NUTRITION LIBRARY DIETARY GUIDELINES

NEW 2010 DIETARY GUIDELINES SUPPORT THE ROLE OF POTATOES IN A HEALTHY DIET

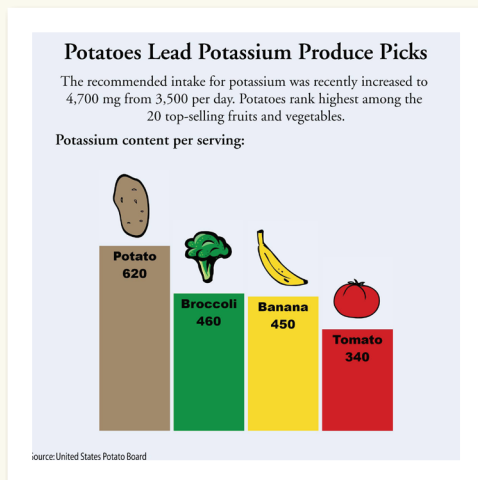
Earlier this year, the Department of Health and Human Services and the United States Department of Agriculture (USDA) announced the release of the **2010 Dietary Guidelines for Americans**. A strong emphasis is made on reducing calorie consumption and increasing physical activity. The other two areas of strong focus are consuming more “healthy foods” like fruits and vegetables, as well as consuming less sodium, saturated and trans fats, added sugars and refined grains. Potatoes fit squarely among all the recommendations.

Overweight and obesity in the US exceeds two-thirds of the population¹, so it's no surprise the 2010 Dietary Guidelines also highlight the importance of weight management. **A recent study scientifically demonstrated people can include potatoes in their weight loss regimen.** This research, completed by the University of California, Davis and the National Center for Food Safety and Technology, Illinois Institute of Technology, demonstrated it's not the elimination of certain foods or food groups that matter in weight loss and management—it's the calories that count.²

Not only can America's favorite vegetable be part of a healthy weight loss program, potatoes also provide two of the key “shortfall” nutrients identified by the 2010 Dietary Guidelines Advisory Committee — potassium and fiber — which are nutrients currently consumed in inadequate amounts by Americans. The #1 food source of potassium listed is potatoes, with 738 mg for a standard portion.

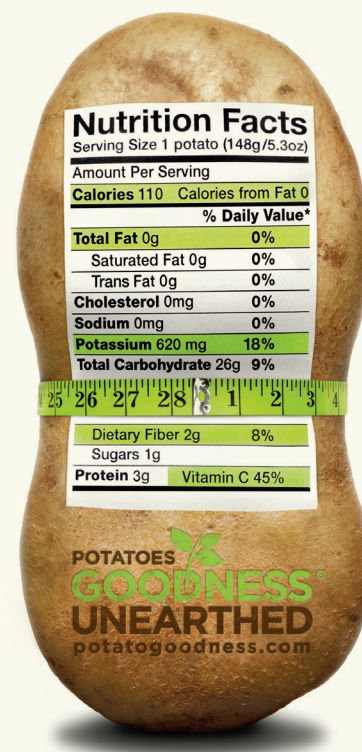
The guidelines go on to list potential strategies for managing sodium consumption, and one of those is: **“Get more potassium in your diet. Food sources of potassium include potatoes, cantaloupe, bananas,**

beans and yogurt.” Dietary potassium can lower blood pressure by blunting the adverse effects of sodium. Other possible benefits of potassium include a decreased risk of developing kidney stones and decreased bone loss.



also the most affordable source of potassium for any vegetable or fruit.”

In addition to potassium, one medium-size (5.3 ounce) skin-on potato contains just 110 calories per serving, provides almost half the daily value of vitamin C (45 percent), and contains no fat, sodium or cholesterol.



The U.S. potato industry has more good news to share as it relates to potatoes and potassium. Recently completed research using data from the 2003-2004 National Health and Nutrition Examination Survey (NHANES) shows **potatoes provide the largest and most affordable source of potassium** of any vegetable or fruit.

“It is crucial that Americans increase their intake of potassium,” said lead NHANES researcher Adam Drenowski, PhD, “and potatoes not only provide one of the most significant but

1. Center for Disease Control
2. <http://www.potatogoodness.com/MediaCenter/LosetheWeightNOTthePotatoes.php>

POTATOES MAKE THE PLATE!

To further illustrate the **2010 Dietary Guidelines for Americans**, the USDA's recent unveiling of the **MyPlate** icon heralded a bold, new visual reminder of the importance of fruit and vegetable consumption, filling half the plate with these two important food groups.



Potatoes are mentioned multiple times in sample **MyPlate** menu plans and in tips for incorporating more vegetables into meals. In addition, potatoes are specifically identified as a vegetable that contributes to the critical need for more potassium.

"Our research further demonstrates that children who consume white potatoes actually eat more of other vegetables and they had higher dietary intake of potassium, vitamin C and fiber," said Adam Drewnowski.

The United States Potato Board commends the USDA for recognizing the need for change in the overall food environment. The potato industry is proud to be a part of the effort to help Americans make healthier choices and looks forward to the opportunities to promote the availability of a wide range of healthy and affordable potato products.

Additional analysis of the NHANES data showed that meals including white potatoes contain more servings of other vegetables, and are significantly higher in potassium, fiber and vitamin C.

QUICK AND HEALTHY POTATO RECIPES

GRILLED POTATO KABOBS

PREP TIME: 30 minutes

COOK TIME: 20 minutes total

START TO FINISH: 50 minutes

COST PER SERVING: \$2.94

LEMON-HERB DRIZZLE

- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh herbs (such as basil, rosemary, marjoram and sage)
- 1/2 teaspoon sea salt, or to taste
- Juice of 1 fresh lemon
- Freshly ground pepper to taste

POTATO KABOBS

- 1 pound russet potatoes, scrubbed
- 1 (12-oz.) package precooked chicken sausage, sliced 1/4-inch thick on the diagonal
- 2 ears fresh corn, cut into 1-inch pieces
- 2 bell peppers (any color), cubed
- 1 zucchini, sliced 1/4-inch thick on the diagonal

DIRECTIONS

Play with your food! Substitute your favorite protein for the chicken sausage or try a new potato variety for a vegetarian version of this delicious kabob.

Heat olive oil in a small saucepan until very hot; remove from heat and stir in garlic. Let cool, then stir in herbs, salt, lemon juice and pepper; set aside. Place potatoes in a medium-size microwave-safe bowl and cover with a lid or plastic wrap. Note: If using plastic wrap, make sure plastic wrap is not touching any ingredients and poke one small hole in cover to vent. Microwave on high for 10 to 12 minutes or until potatoes are tender (cooking time may vary depending on microwave). Use oven mitts to carefully remove from microwave. When cool enough to handle, cut into large chunks. Thread potatoes, sausage and vegetables onto skewers. Grill over medium-high heat for about 10 minutes, turning frequently and brushing with a little of the herb mixture during the last few minutes of cooking. Remove from grill and place on a platter; drizzle with remaining herb mixture.

Makes 4 to 6 servings.



NUTRITIONAL ANALYSIS PER SERVING WITH SKINS: Calories: 340, Fat: 18g, Saturated Fat: 3.5g, Trans Fat: 0g, Cholesterol: 55mg, Sodium: 680mg, Potassium: 682mg, Carbohydrates: 32g, Fiber: 4g, Sugar: 6g, Protein: 15g, Vitamin A: 25%, Vitamin C: 200%, Calcium: 10%, Iron: 15%

For more healthy potato recipes and nutrition, please visit potatogoodness.com

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