

GROW YOUR OWN POTATOES



Factsheet 8: Potato information for teachers

The role of potatoes in the diet

Potatoes are low in fat, provide vitamins and minerals (thiamin, vitamin C, folic acid, potassium), and if eaten with the skin, and are a good source of fibre.

Potatoes are known as starchy food. Starchy foods that mainly provide carbohydrate, fibre and energy and should make up about one third of our diet.

Along with other starchy foods, potatoes play an important role in a healthy balanced diet.

There are lots of different ways that potatoes can help add variety to the diet.

Potatoes can be combined with different foods to create healthy, balanced meals.

For example ...

- Leek and potato soup
- Potato salad
- Wedges with chilli
- Lancashire hotpot
- Jacket potato with beans
- Fish pie
- Shepherd's pie

When cooking with potatoes, try these tips to keep your dishes healthy:

- make mash with a lower fat milk and no butter.
- boil and bake potatoes instead of frying.
- use a measured amount of vegetable oil, or an oil spray, when roasting
- cut potatoes for roasting into bigger pieces
- have wedges, rather than chips
- do not add butter or creamy sauces.

One 180g jacket potato (including skin and flesh) provides the following nutrients:

Energy:	176kcal / 743kJ
Vitamin C:	10.8mg
Fibre:	4.7g
Protein:	4.5g
Carbohydrate:	40.7g
Fat:	0.36g

Carbohydrate Your main source of energy, needed for daily living and activity.

Protein Helps the body grow and repair itself.

B Vitamins Needed to help the body to get energy from food. They also help the nervous system, heart and blood.

Vitamin C Important to keep skin healthy and to heal any cuts or grazes.

Iron Helps blood carry oxygen around the body.

Fibre Keeps digestive system healthy, and helps the body get rid of waste.

Did you know..?

One medium-sized jacket potato with skin provides more potassium than four bananas. It has even more fibre than either a bowl of branflakes, two to three slices of wholemeal bread or three bananas.

