

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

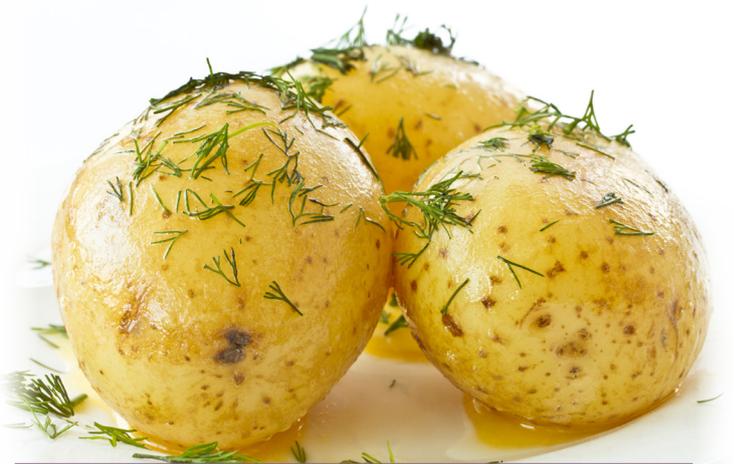
Coloured potatoes (purple, red, yellow) contain many essential antioxidants such as phenolic acids, anthocyanins and carotenoids which can suppress the damage caused to cells and blood vessels by oxidative stress via suppression of proinflammatory molecules like C-Reactive Protein and IL-6.

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.



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References and further reading

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