

## How to Fit Potatoes into a Heart Healthy, Cancer Protective Diet

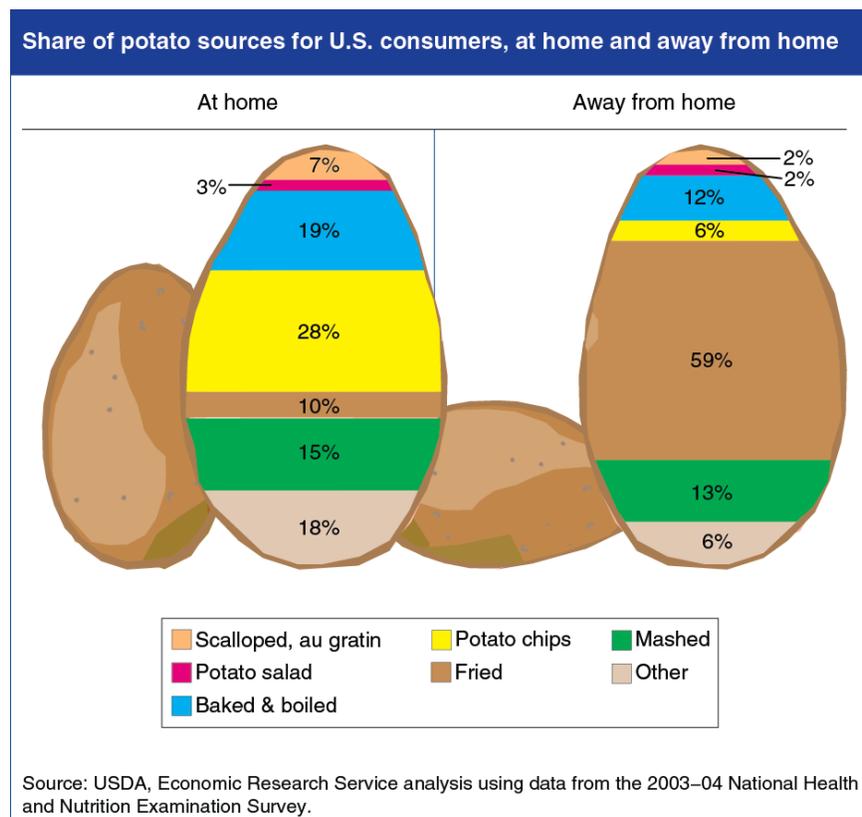
“Irish” or white flesh potatoes get a bad rap. The whole potato is a nutrient rich food. How we eat potatoes, removing the skin and frying or piling on cheese, bacon, and butter is the problem. The graphic below shows...

At home, the potato chip is eaten most often at 28% of the time.

Away from home, fried potatoes are eaten most often at 59% of the time.

### Cooking and Eating Spuds for Better Health

1. If eaten at all, eat French fries, potato chips, fried tater wedges, and raw fries only a few times per year.
2. Eat the skin of Irish potatoes. The skin provides heart-healthy fiber, minerals, and phytonutrients.
3. Eat non-starchy vegetables like cabbage, onions, tomatoes, or broccoli and whole grains in the same meal as potatoes.
4. Avoid frying potatoes, instead steam, boil, or bake potatoes. A few ideas are below.



5. **Garlic Mashed Potatoes:** Cook a mashed clove of garlic in a pot of potatoes. Mash and season the potatoes with heart-smart margarine or olive oil, salt and pepper. Top with low/no-fat plain yogurt instead of high fat sour cream.
6. **Stewed Potatoes:** Toss steamed, diced, skin-on potatoes with olive oil and an herb of your choice.
7. **Tasty Taters:** Cut washed potatoes into 8-12 wedges. Mix equal parts of paprika, garlic powder, pepper, and salt. Toss potatoes in 1 teaspoon oil per potato to coat, then sprinkle on spices and toss to coat. Bake at 375 degrees for 45 minutes to 1 hour.

What about the glycemic index you may ask? The Glycemic Index (GI) results for potatoes are highly variable. Many factors influence GI results and the foods are tested one at a time. Most often, we eat foods in combination with other foods, at varying temperatures, and prepared in different ways, so GI alone should not be used in deciding what to eat. Contact a registered dietitian for more help on understanding the glycemic index or click [here](#) to read more.

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## Sources

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