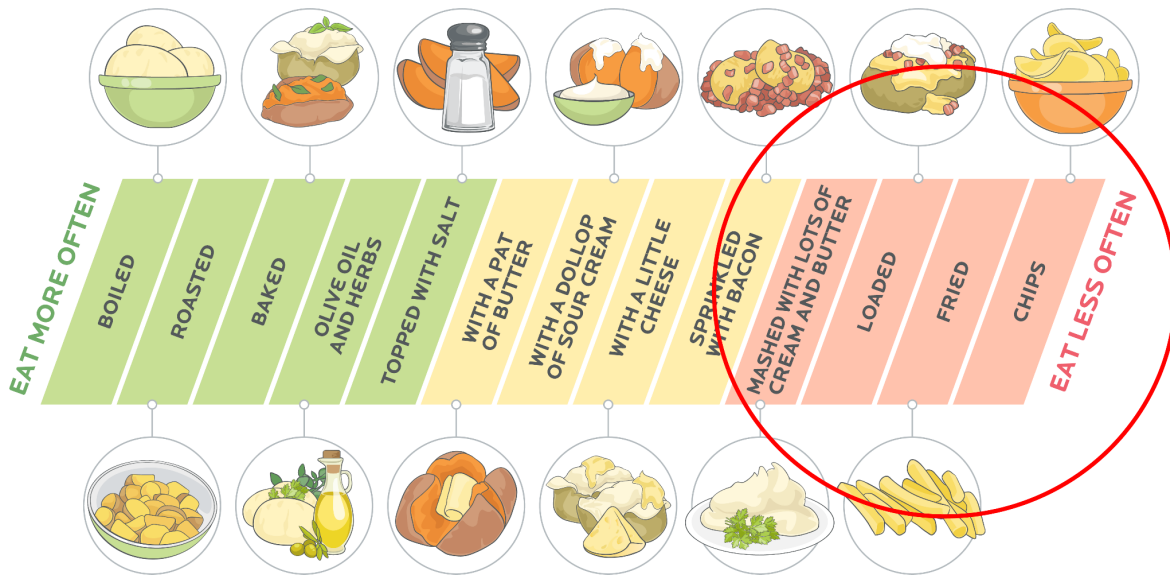


Why potatoes are a health food

Potatoes have gotten a bad rap. Because of fries. And Pringles. And chain restaurant menu items that start with “loaded.”

But spuds themselves? They’re one of the most nutritious and filling foods on the planet. And that’s true even if you’re trying to lose weight.

Here’s the real problem: For most (if not many, many, many) eaters, “potato” means the food items toward the right side of this handy chart:



Calling out potatoes for being fattening is like thinking the issue with creamed spinach is the spinach.

Here’s the thing: When you add lots of fat and salt to a potato, it can be really hard to stop eating it. (Here’s a fun test: Have a nice baked potato without any toppings—you’ll likely find it tasty and satisfying... but not irresistible.)

The continuum above can provide a good guideline for incorporating potatoes into a healthy eating pattern. Including the fried kind.

What’s more...

They’re seriously good for you.

White potatoes are packed with healthful nutrients. They’re rich in vitamin B6, potassium, vitamin C, and a host of additional vitamins, minerals, and phytochemicals.

Nutritionally-speaking, white potatoes are right on par with sweet potatoes. Yes, sweet potatoes have more vitamin A, but otherwise, it’s a virtual tie.

The carbs in potatoes are mostly resistant starch and fiber, which help you feel full and support gut health.

To enjoy potatoes as part of a health-conscious diet, separately portion out add-ons like butter, sour cream, cheese, and bacon when possible. You might, for example, treat them more like you do other vegetables, such as broccoli and asparagus.

The upshot...

If you love potatoes, there's no need to put them on some don't-eat list. That'd be a real bummer.

And let's face it: "Bummer" isn't typically part of an effective nutrition plan.

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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