



# PRESS RELEASE

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**Pass the Potato Salad this Summer**

***New Research Shows Potatoes Offer Additional Nutritional Benefit When Cooked and Cooled***

**Denver, CO. (July 12, 2016)** - There is good news for potato salad lovers just as the season for chilled potatoes officially heats up. New research published in the scientific journal *Food Chemistry* adds to the growing body of evidence that shows that cooking and cooling potatoes can significantly increase the amount of Resistant Starch (RS).

Resistant starch is gaining momentum in the nutrition community due to emerging evidence in animal studies and some limited evidence in human studies suggesting that RS may positively affect body composition, favorably impact blood lipid and blood glucose levels and increase the amount of good bacteria in the colon, and may enhance satiety when consumed with whey protein. (Birt et al 2013, Gentile et al. 2015, Higgins 2014, Higgins and Brown 2013, Keenan et al. 2015, Robertson 2012, Zhang et al. 2015).

In the most recent study, researchers examined the amount of RS in three popular potato varieties (Yukon Gold, Red Norland and Russet Burbank) prepared in two different ways (baked and boiled) and served at three different temperatures (hot, chilled for six days, and chilled followed by reheating). The results showed that the RS content of potatoes varied significantly by method of preparation and temperature but not variety (Raatz et al. 2016).

More specifically, regardless of potato variety, the baked potatoes had more RS (3.6 grams of RS per 100 grams of potato) than the boiled potatoes (2.4 grams of RS per 100 grams of potatoes). Also on average, chilled potatoes (whether originally baked or boiled) contained the most RS (4.3 grams of RS per 100 grams of potato) followed by chilled-and-reheated potatoes (3.5 grams of RS per 100 grams of potato) and potatoes served hot (3.1 grams of RS per 100 grams of potato).

“The potato varieties used in this latest research all had similar levels of RS; thus, the key to maximizing Resistant Starch levels in your favorite spud is to serve them cold,” says Dr. Katherine Beals, RD, nutrition consultant to Potatoes USA. “But, it’s not just RS that makes potatoes a nutrition powerhouse. One medium-sized skin-on potato has just 110 calories, contains 45 percent of your daily value of vitamin C and

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has more potassium than a banana. Potatoes belong on the plate no matter the temperature.”

Given potato salad is one of summertime’s most cherished foods, the time is now to enjoy chilled potatoes. With crisp potatoes and a lemony dressing, this light and bright summer salad packs deliciously tangy flavor. For additional recipes and more nutrition information, visit [PotatoGoodness.com](http://PotatoGoodness.com).

### **Roasted Fingerling Potato Salad with Lemon and Thyme Salad**

1 ½ lbs. fingerling potatoes, cut into ½-inch circles  
1 red bell pepper, cut into 1-inch cubes  
1 red onion, cut into 1-inch cubes (do not separate layers)  
3 tablespoons extra virgin olive oil  
½ teaspoon kosher salt  
1/8 teaspoon pepper

#### **Dressing**

¼ cup light or olive oil based mayonnaise  
1 ½ tablespoons lemon juice  
2 teaspoons extra virgin olive oil  
2 teaspoons fresh thyme leaves  
1 ½ teaspoons lemon zest  
¼ teaspoon kosher salt  
1/8 teaspoon pepper

#### **Preparation**

Preheat oven to 425°F. Toss *all* salad ingredients together in a large bowl. Spread in a single layer on a large baking sheet and cook for 20 to 25 minutes or until potatoes start to brown. Let cool for at least 10 minutes. Meanwhile, whisk together *all* dressing ingredients in a medium bowl; toss with cooled vegetables. Serve at room temperature or chilled. Makes 6 servings.

Calories: 210; Fat: 12g; Cholesterol: 5mg; Sodium: 330mg; Vitamin C: 1.1%;  
Carbohydrates: 24g; Fiber: 2g; Protein: 3g; Potassium: 81mg.

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#### **About Potatoes USA**

Potatoes USA (formerly the United States Potato Board) is the nation’s potato marketing and research organization. Based in Denver, Colorado, Potatoes USA represents more than 2,500 potato growers and handlers across the country. Potatoes USA was established in 1971 by a group of potato growers to promote the benefits of eating potatoes. Today, as the largest vegetable commodity board, Potatoes USA is proud to be recognized as an innovator in the produce industry and dedicated to positioning potatoes as a nutrition powerhouse.

