Potatoes can provide energy, carbohydrates, B vitamins, vitamin C, potassium, phosphorus, magnesium and copper.

As the 3rd most available food crop globally, potatoes are consumed by billions.

Potatoes can be part of a healthy diet depending on the amount consumed, how they are processed, prepared or cooked, and the balance with the rest of the diet.

Each of the more than 5,000 potato varieties contains different nutrient quantities.

Nutritional values highly depend on the species, variety, climate, soil, cultivation techniques, storage conditions, processing, preparation and cooking method.

Choosing the right variety for cooking

Floury
RUSETTS, BINTJE, KING EDWARD,
MARIS PIPER

Floury potatoes have a dry texture due to lower moisture levels and tend to break up when boiled.

All-purpose
YUKON GOLD, GERMAN BUTTERBALL,
NICOLA AND PURPLE-FLESHED TUBERS

All-purpose potatoes are higher in moisture and can be used for all kinds of preparations.

Waxy
FINGERLING, ROUND REDS,
OR IMMATURE POTATOES OF ANY VARIETY

With glossy skins, waxy potatoes are moist and maintain their shape when cooked.

### SELECTED NUTRIENTS IN DIFFERENT POTATO SPECIES AND VARIETIES
(pers 100 g on fresh weight basis of raw potatoes)

<table>
<thead>
<tr>
<th>COMPONENT</th>
<th>RANGE</th>
<th>AVERAGE</th>
<th>VARIETY WITH HIGHEST VALUE (origin)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>0.9-4.2 g</td>
<td>2.1 g</td>
<td>Roja Rilson (Spain)</td>
</tr>
<tr>
<td>Dietary fibre</td>
<td>0.3-3.7 g</td>
<td>2.0 g</td>
<td>Red Pontiac – skin (Canada)</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>33-126 mg</td>
<td>71 mg</td>
<td>Unknown CIP703315 (Peru)</td>
</tr>
<tr>
<td>Copper</td>
<td>0.05-0.15 mg</td>
<td>0.11 mg</td>
<td>Bonita (Spain)</td>
</tr>
<tr>
<td>Riboflavin (vitamin B2)</td>
<td>0.02-0.36 mg</td>
<td>0.07 mg</td>
<td>Russet Burbank (United States of America)</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.15-0.30 mg</td>
<td>0.24 mg</td>
<td>Norchip (United States of America)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7-34 mg</td>
<td>17 mg</td>
<td>Maria Cruz (Peru)</td>
</tr>
</tbody>
</table>

### TIPS:
- Favour steaming, baking or roasting.
- Leave the skin on, especially when boiling.
- Use herbs and spices to reduce salt.

Maris PIPER

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