

The Importance Of Eating Potatoes



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While most of the fiber in the potato is found in the flesh, eating the skin can help increase your overall intake. A 1-cup serving of a baked potato with the skin contains 2.6 g of fiber, and without the skin, contains 1.8 g. The fiber in the potato helps control hunger, improves bowel function and promotes heart health.

The Importance of Eating Potatoes | Healthfully

If the eyes of a potato are not sprouting, they can be eaten. If they are sprouting, the National Institutes of Health recommends cutting off the eyes and their sprouts before eating the potato. Potato stems, branches, leaves and fruits are toxic, containing alkaloids such as arsenic, chaconine and solanine.

Potatoes: Health Benefits, Risks & Nutrition Facts

Potato skins contain an anti-carcinogenic compound called chlorogenic acid. This particular acid helps the fiber in potatoes absorb carcinogens that are found in grilled foods. Eating potatoes with grilled foods is common and important when preserving health and fighting off cancer-causing substances.

What are the Benefits of Eating Potatoes? (with pictures)

If you need more convincing, read on to discover the many health benefits of sweet potatoes and how to more of them to your diet.

Are Sweet Potatoes Healthy? - Nutrition Facts & Benefits

They are not exactly good for you when dropped into a deep fryer, but potatoes are packed with powerful nutrients and antioxidants-compounds that fight free radicals. The ORAC value (a measure of the total antioxidants in 100 grams) for a medium baked potato with skin is a healthy 1,680, while that of a baked sweet potato with skin is 766.

6 health benefits of potatoes | Best Health Magazine Canada

Naturally Gluten-Free. If you have celiac disease or a non-celiac gluten sensitivity, be sure to read the full list of ingredients before eating a potato dish. Summary Potatoes are naturally gluten-free, which makes them an excellent food choice for people with celiac disease or a non-celiac gluten sensitivity.

7 Health and Nutrition Benefits of Potatoes - healthline.com

Sweet potatoes are naturally sweet vegetables that are high in vitamins and fiber, and low-calorie. Find out more about sweet potato health benefits.

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