

NUTRITION NEWS

United Nations Declares 2008 The “International Year Of The Potato”

(NAPSA)—We say potato, and they say patata, papa, kartoffel and pomme de terre.

Names abound around the globe for the potato because it’s featured in nearly every major cuisine imaginable. This 8,000-year-old vegetable has provided food security and alleviated poverty worldwide.

It’s no wonder, then, that 2008 has been declared the “International Year of the Potato” by the General Assembly of the United Nations (UN). This 365-day celebration recognizes the spud as an important food staple in the diet of the world’s population because of its outstanding nutritional profile and potential to feed the masses, according to the UN.

World population is expected to grow, on average, by more than 100 million people a year in the next 20 years, and 95 percent of this increase will occur in developing countries where resources are scarce. Potatoes can be grown quickly and cheaply. In fact, potatoes yield more nutritious food more quickly on less land and in harsher climates than any other major crop.

From China to Chile, the potato is a diet staple that is eaten at breakfast, lunch and dinner. Aside from tasting great and being easy to prepare, the potato is good for you, too. One medium-sized potato contains no fat, sodium or cholesterol and has 110 calories. It provides 45 percent of the recommended Daily Value of vitamin C. In addition, potatoes with skins contain 18 percent of the DV of potassium (while broccoli and bananas each contain 13 percent), topping the list of the 20 most frequently consumed raw fruits and vegetables.

Along with endorsing the



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nutritional benefits of the potato, the observance of the International Year of the Potato will provide an opportunity to learn about the importance of the potato, and of agriculture in general, in addressing issues of global concern, such as food insecurity, malnutrition, poverty and threats to the environment.

For a worldly take on the tasty tuber at home, try preparing potatoes healthfully with flavors from around the globe.

Germany

Make a German potato salad by adding chopped turkey bacon, mustard seed and paprika to cubed and boiled potatoes. Serve with lean sausage.

India

Add curry powder, plain yogurt and applesauce to mashed potatoes for an Indian-inspired dish. Serve with roasted chicken.

Greece

To make Greek-style roasted potatoes, coat potato wedges with olive oil, garlic, oregano, and salt and pepper before roasting. Serve with tzatziki sauce and lamb.

For more potato recipes, please visit <http://healthypotato.com>.