



MEDIA CONTACT

Julie Larson Bricher
503.409.9421
bricher@apre.org

EMBARGOED FOR RELEASE

12:00 PM Eastern
Wednesday, May 15, 2013

DON'T JUDGE THE NUTRIENT CONTENT OF WHITE VEGETABLES BY COLOR ALONE

Authors of a newly published journal supplement explore the state of nutrition science on white vegetables, especially potatoes, in supporting a healthy, well-balanced diet

(McLean, VA) May 15, 2013 – Potatoes and other white vegetables are just as important to a healthy diet as their colorful cousins in the produce aisle, according to the authors of a scientific supplement published yesterday in the peer-reviewed journal, *Advances in Nutrition*. Although green, red and orange veggies are often promoted as top nutrient sources, white vegetables are nutrient powerhouses in their own right and deserve a place on your plate.

"It's recommended that the variety of fruits and vegetables consumed daily should include dark green and orange vegetables, but no such recommendation exists for white vegetables, even though they are rich in fiber, potassium and magnesium," says the supplement's editor **Connie Weaver, PhD**, distinguished professor of nutrition science at Purdue University. "Overall, Americans are not eating enough vegetables, and promoting white vegetables, some of which are common and affordable, may be a pathway to increasing vegetable consumption in general."

The *Advances in Nutrition* supplement, "**White Vegetables: A Forgotten Source of Nutrients**," published by the American Society for Nutrition, features an executive summary and nine papers by leading nutrition scientists that explore the state of the science on white vegetables in supporting a healthy diet.

The supplement authors identify a substantial body of evidence that demonstrates how the inclusion of white vegetables, such as potatoes, can increase intake of shortfall nutrients, notably fiber, potassium and magnesium, as well as help increase overall vegetable consumption among children, teens and adults in the U.S. In addition, the papers detail the current and emerging science about key health benefits associated with consumption of potatoes and other white vegetables such as cauliflower, onions, mushrooms, turnips and kohlrabi. Some key findings are:

- Color does not necessarily predict nutritive value of a vegetable. In fact, white vegetables, including nutrient-dense potatoes, contribute important amounts of essential shortfall nutrients to the American diet across all age groups.
- Vegetable intake, including consumption of starchy vegetables like potatoes, is about half of what is recommended by the 2010 *Dietary Guidelines for Americans*.
- Improvements in cooking oils, coatings, preparation methods and processing technologies are enhancing the nutritional profile of the white potato in all forms, making an already healthy package even healthier.

The journal supplement is the outcome of a June 2012 Purdue University roundtable on white vegetable nutrition. The forum was supported by an unrestricted grant by the Alliance for Potato Research and Education, a non-for-profit organization dedicated to expanding and translating the latest scientific research and information on potato nutrition, consumption and affordability.

The executive summary paper is available as an open-access download from the journal at **<http://advances.nutrition.org/content/4/3#SupplementWhiteVegetablesAForgottenSourceofNutrients>**. A full list of authors, table of contents and abstracts also are available for viewing on the *Advances in Nutrition* website.

###

The **Alliance for Potato Research and Education (APRE)** is a not-for-profit organization 100% dedicated to expanding and translating scientific research into evidence-based policy and education initiatives that recognize the role of all forms of the potato—a nutritious vegetable—in promoting health for all age groups. APRE is actively building the science foundation concerning the nutritional benefits of the white potato; creating partnerships with critical health professional organizations in the United States and Canada; and informing dietitians and health professionals by providing them with the latest scientific research and information on potato nutrition, consumption, and affordability. APRE is a National Strategic Partner with USDA *MyPlate*.

For more, visit www.apre.org

[APRE | 2000 Corporate Ridge, Ste. 1000 | McLean, VA 22102 | \[info@apre.org\]\(mailto:info@apre.org\) | \[www.apre.org\]\(http://www.apre.org\)](#)

**SUPPLEMENT TO ADVANCES IN NUTRITION
WHITE VEGETABLES: A FORGOTTEN SOURCE OF NUTRIENTS
MAY 2013**

[OPEN ACCESS] Executive Summary - White Vegetables: A Forgotten Source of Nutrients

Connie M. Weaver, PhD, Department of Nutrition Science, Purdue University, West Lafayette, IN and Elizabeth T. Marr, MS, RD, Liz Marr and Associates, Longmont, CO

In Nutrition, Can We “See” What Is Good for Us?

Stephen Barnes, PhD, Jeevan Prasain and Helen Kim, Department of Pharmacology & Toxicology, Targeted Metabolomics and Proteomics Laboratory, University of Alabama at Birmingham, Birmingham, AL

Contributions from White Vegetables to Nutrient Intakes, National Health and Nutrition Examination Survey 2009-10

Maureen L. Storey, PhD and Patricia A. Anderson, MPP, Alliance for Potato Research and Education, McLean, VA

Innovations in Food Chemistry and Processing to Enhance the Nutrient Profile of the White Potato in All Forms

Eric A. Decker, PhD, Department of Food Science, University of Massachusetts, Amherst, MA and Mario G. Ferruzzi, PhD, Department of Food Science, Purdue University, West Lafayette, IN

Carbohydrates, Dietary Fiber and Resistant Starch in White Vegetables: Links to Health Outcomes

Joanne L. Slavin, PhD, RD, Department of Food Science and Nutrition, University of Minnesota, St. Paul, MN

White Vegetables: Glycemia and Satiety

G. Harvey Anderson PhD, Chesarahmia Dojo Soeandy, and Christopher E. Smith, Department of Nutritional Sciences, University of Toronto, Toronto, Ontario, Canada

Potassium and Health

Connie M. Weaver, PhD, Department of Nutrition Science, Purdue University, West Lafayette, IN

Magnesium in Disease Prevention and Overall Health

Stella Lucia Volpe, PhD, RD, LDN, FACSM, Department of Nutrition Sciences, Drexel University, Philadelphia, PA

Health Promoting Components of Fruits and Vegetables in the Diet

Rui Hai Liu, MD, PhD, Department of Food Science, Cornell University, Ithaca, NY

White Potatoes, Human Health and Dietary Guidance

Janet C. King, PhD, Division of Nutrition and Metabolism, Children’s Hospital Oakland Research Institute, Oakland, CA and Joanne L. Slavin, PhD, RD, Department of Food Science and Nutrition, University of Minnesota, St. Paul, MN