



The Alliance for Potato Research and Education (APRE) was established in August 2011 to advance the scientific understanding of the role potatoes play in promoting health, including the role of potatoes on cardiometabolic health, healthy dietary patterns, and healthy lifestyles (with an emphasis on athletic performance and life stages). These summaries highlight research currently underway or published.

Published Research



Cardiometabolic Health



Healthy Dietary Patterns



Healthy Lifestyles

Study	Lead Author & Research Award Institution	Study Type	Description	Learn More
 Potato Consumption and Risk of Colorectal Cancer: A Systemic analysis of rigor, reproducibility, and verifiability of current evidence (2026) Read the study	David Allison Indiana University	Review	Population: Males and Females, 18+ years Potato forms: Baked, boiled, fried, mashed and roasted Conclusions: Research on the relationship between potato consumption and CRC risk is insufficiently reproducible and verifiable, undermining the trustworthiness of its findings. This study highlights the need for improving transparency, data sharing, and methodological rigor in nutritional research.	
 Vegetable-oil preloading modulates postprandial glycemic and insulin responses to a high-glycemic meal in healthy adults (2025) Read the study	Amy Hui-Mei Lin, PhD, Singapore Institute of Food and Biotechnology Innovation (SIFBI)	Clinical Trial	Population: Males and Females, 23+ years Potato forms: Mashed Conclusions: Our findings demonstrate that pairing leafy greens with unsaturated oils significantly blunts the postprandial glycemic response, aligning with previous evidence that fatty acids influence glycemic response and that extra-virgin olive oil can attenuate postprandial glycemia when added to high-glycemic index meals.	
 Effects of White Potato on Cardiometabolic Health in Adults with Pre-Diabetes from Diverse Racial and Ethnic Backgrounds (2025) Read the study	Neda Akhavan, PhD, University of Nevada, Las Vegas	NHANES	Population: Males and Females, 18+ years Potato forms: Baked, boiled, fried, mashed and roasted Conclusions: Findings highlight the importance of potato preparation methods, which are differentially associated with cardiometabolic outcomes, highlighting the need for further investigation into potato preparation methods and dietary patterns and their implications on metabolic health.	

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Endocrine, Metabolic, and Skeletal Muscle Proteomic Responses During Energy Deficit With Concomitant Aerobic Exercise in Humans (2025) Read the study	Jose Areta, Liverpool John Moores University	Clinical Trial	Population: Males, 20-30 years old Potato forms: Baked, boiled, chips, fried, frozen, mashed and roasted Conclusions: An energy deficit diet with 60% of calories coming from potatoes, combined with exercise, may shift skeletal muscle toward a more oxidative and potentially more “youthful” phenotype.	
Effects of White Potato Consumption on Measures of Cardiometabolic Health in Individuals with Type 2 Diabetes Mellitus (2025) Read the study	Neda Akhavan, PhD, Florida State University	Clinical Trial	Population: Males and Females, 45-80 years old Potato forms: Baked Conclusions: White potatoes did not negatively affect glycemic indices, vascular health, lipids, or blood pressure compared to white rice and modestly improved body composition and vascular measures. Preliminary results support white potatoes as a substitute for white rice in T2D.	
Potato Consumption and Risk of Cardiovascular Disease in a Harmonized Analysis of Seven Prospective Cohorts (2025) Read the study	Luc Djoussé, MD, ScD, MPH, Brigham and Women's Hospital	Meta Analysis	Population: Males and Females, 25-72 years old Potato forms: Baked, boiled, chips, fried, frozen, mashed and roasted Conclusions: Total potato consumption—baked, boiled, fried, or mashed—of 5+ servings/week is not associated with cardiovascular disease risk or high blood pressure/hypertension risk among adults.	
Potato Consumption and Risk of Type 2 Diabetes Mellitus: A Harmonized Analysis of Seven Prospective Cohorts (2024) Read the study	Luc Djoussé, MD, ScD, MPH, Brigham and Women's Hospital	Meta Analysis	Population: Males and Females, 25-72 years old Potato forms: Baked, boiled, chips, fried, frozen, mashed and roasted Conclusions: Potato consumption is not associated with type 2 diabetes risk among adults consuming all forms—baked, boiled, fried, or mashed—regardless of weekly amounts eaten.	
Potatoes Compared with Rice in Meals with Either Animal or Plant Protein Reduce Postprandial Glycemia and Increase Satiety (2024) Read the study	G. Harvey Anderson, PhD, University of Toronto	Clinical Trial	Population: Males and Females, 18-45 years old Potato forms: Fried and mashed Conclusions: The glycemic index of individual foods is not an accurate marker of potential changes to blood sugar when these foods are eaten as part of complete meals. Compared to white rice, bake French fries and instant mashed potatoes are both satiating when eaten with either an animal or plant-based protein food, and can help people better control their calorie intake over the course of the day.	

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Effects of Potatoes, Prepared in Various Forms, in the Dietary Approaches to Stop Hypertension (DASH) Diet on Blood Pressure in Adults with Type 2 Diabetes (2024) Read the study	Shannon Galyean, PhD, RDN, LD, Texas Tech University	Clinical Trial	Population: Males and Females, 18-65 years old Potato forms: Fried and non-fried potatoes Conclusions: People with or without type 2 diabetes can eat either fried or non-fried potatoes as part of the Dietary Approaches to Stop Hypertension (DASH) diet without significantly impacting short-term blood pressure or body composition over 6 weeks.	
The Effects of Potato Presentation on Vegetable Intake in School-Aged Children: A Cross-Over Study (2023) Read the study	Gene Ahlborn, PhD, Brigham & Young University	Clinical Trial	Population: Children, 7-13 years old Potato Forms: McCain Potato Smiles™ and seasoned diced potatoes with skins Conclusions: When kid-friendly Potato Smiles™ were combined with peas and carrots in a school meal setting, they ate more peas and carrots than when they were served alongside a separate bread roll.	Read the press release
Proteos Project: Digestible Indispensable Amino Acid Score (DIASS) Database Development	Global Dairy Platform, Inc.	Protein Analysis/ Database Development	Population: N/A Potato forms: N/A Conclusions: The protein quality of potatoes, based on the Digestible Indispensable Amino Acid Score (DIAAS), scored higher than almost every other plant protein source and comparable to many animal sources. Analytical findings will be included in a new DIAAS database to be housed on the Food and Agriculture Organization of the United Nations' website.	
Carbohydrate Confusion and Dietary Patterns: Unintended Public Health Consequences of "Food Swapping" (2023) Read the study	Keith T. Ayoob, EdD, RDN, Albert Einstein College of Medicine	Perspective	Population: N/A, based on 2000 calorie DGA Food Pattern Model Potato Forms: Baked and hash browns Conclusions: Replacing potatoes with grain foods in a daily menu led to a 21% decrease in potassium, 17% decrease in vitamin B6, 11% drop in vitamin C and 10% reduction in fiber intake.	Read the press release
Certain Dietary Patterns including Potatoes are Associated with Higher and Lower Diet Quality and Physiological Measures in Children and Adults, NHANES 2001-2018 (2022) Read the study	Victor L. Fulgoni III, PhD	NHANES	Population: Children, 2-18 years old; Males and Females, 19 years and older Potato Forms: Baked, boiled, chips, and fried Conclusions: Potatoes can be a part of healthy dietary patterns when balanced with other nutrient-rich foods consistent with dietary recommendations.	



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 Impact of Cooking on the Protein Quality of Russet Potatoes (2023) Read the study	Jim House, PhD, University of Manitoba	Experimental (Food Processing)	Population: N/A Potato Forms: Baked, boiled, fried, and microwaved Conclusions: Most cooking methods for Russet potatoes yield comparable protein quality as potatoes in their raw form; the protein quality of fried potatoes is slightly lower. Protein digestibility increases substantially when Russet potatoes are cooked.	
 Potato Protein Ingestion Increases Muscle Protein Synthesis Rates at Rest and During Recovery from Exercise in Humans (2022) Read the study	Luc van Loon, PhD, Maastricht University	Clinical Trial	Population: Males, 20-28 years old Potato Forms: Potato protein concentrate Conclusions: Potato protein ingestion strongly increases muscle protein synthesis rates at rest and during recovery from exercise	Read the press release
 French-Fried Potatoes Consumption and Energy Balance: A Randomized Controlled Trial (2022) Read the study	David Allison, PhD, Indiana University	Clinical Trial	Population: Males and Females, 18-50 years old Potato Forms: French fries Conclusions: There is no statistically significant evidence of differential effects between consuming a typical 300-calorie serving of French fries daily and a 300-calorie serving of almonds daily when it comes to weight gain or markers of type 2 diabetes risk, short-term.	Read the press release
 Nutrient Profiling Tools Confirm Starchy Vegetables Deliver Comparable Nutritional Value as Non-starchy Vegetables & Whole Fruit (2022) Read the study	Adam Drewnowski, PhD, University of Washington	Nutrient Profiling	Population: N/A Potato Forms: Boiled, fried, mashed Conclusions: Starchy vegetables deliver comparable nutritional value as non-starchy vegetables and whole fruit.	Read the press release
 Low-Energy Dense Potato- and Bean-Based Diets Reduce Body Weight and Insulin Resistance: A Randomized, Feeding, Equivalence Trial (2022) Read the study	John Kirwan, PhD, Louisiana State University	Clinical Trial	Population: Males and Females, 18-60 years old Potato Forms: Cooked and cooled Conclusions: Potatoes have a neutral impact on blood glucose levels and may help with weight loss.	Read the press release



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 Perspective: The Glycemic Index Falls Short as a Carbohydrate Food Quality Indicator to Improve Diet Quality (2022) Read the study	Jill Nicholls, PhD	Perspective	Population: N/A Potato Forms: N/A Conclusions: The glycemic index has several limitations and should not be relied upon as an indicator of carb quality.	Read the press release
 Potato Consumption is not Associated with Cardiometabolic Health Outcomes in Framingham Offspring Study Adults (2022) Read the study	Lynn Moore, DSc, MPH, Boston University	Epidemiological	Population: Males and Females, 30 years and older Potato Forms: Baked, boiled, fried, mashed, and roasted Conclusions: Overall diet and lifestyle mediate health outcomes associated with potato consumption, not potato preparation methods.	Read the press release
 Daily Inclusion of Resistant Starch-Containing Potatoes in a Dietary Guidelines for Americans Dietary Pattern Does Not Adversely Affect Cardiometabolic Risk or Intestinal Permeability in Adults with Metabolic Syndrome: A Randomized Controlled Trial (2022) Read the study	Richard Bruno, PhD, RD, Ohio State University	Clinical Trial	Population: Males and Females, 18-50 years old Potato Forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Conclusions: A healthy diet (based on dietary guidelines) that includes potatoes with resistant starch can help improve heart and overall health in people with metabolic syndrome by reducing blood pressure, insulin resistance and gut health.	
 Sustained Exposure to High Carbohydrate Availability Does Not Influence Iron-Regulatory Responses in Elite Endurance Athletes (2022) Read the study	Louise M Burke, PhD, Australian Catholic University	Clinical Trial	Population: Males, 25-34 years old Potato Forms: N/A Conclusions: Factors like initial iron levels and ambient temperature seem to have a bigger influence on post-exercise iron levels than sustained exposure to high carbohydrate availability.	
 Precision Nutrition Model Predicts Glucose Control of Overweight Females Following the Consumption of Potatoes High in Resistant Starch (2022) Read the study	Mindy Patterson, PhD, RDN, Texas Woman's University	Clinical Trial	Population: Females, 18-40 years old Potato Forms: Baked and boiled Conclusions: Increasing the resistant starch concentration in potatoes by modifying cooking methods may aid in better control of glycemic response.	
 Potato Consumption is not Associated with Elevated Cardiometabolic Risk in Adolescent Girls (2021) Read the study	Lynn Moore, DSc, MPH, Boston University	Epidemiological	Population: Females, 9-17 years old Potato Forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Conclusions: Potatoes, when enjoyed as part of a healthy diet, are not associated with elevated heart health risk factors among adolescent girls.	Read the press release



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 Perspective: Defining Carbohydrate Quality for Human Health and Environmental Sustainability (2021) Read the study	Joanne Slavin, PhD, RD, University of Minnesota	Perspective	Population: N/A Potato Forms: N/A Conclusions: Researchers call for a more holistic approach to carbohydrate guidance to address the complex needs of both people and the planet.	
 Intake of Potatoes Is Associated with Higher Diet Quality, and Improved Nutrient Intake and Adequacy among US Adolescents: NHANES 2001–2018 Analysis (2021) Read the study	Victor L. Fulgoni III, PhD	NHANES	Population: Children, 9–18 years old Potato Forms: Baked, boiled, chips, fried, mashed and mixtures Conclusions: Adolescent diets that include potatoes are associated with better diet quality and higher intakes of several essential nutrients, including dietary fiber and potassium.	Read the press release
 Frequency of Boiled Potato Consumption and All-Cause and Cardiovascular Disease Mortality in the Prospective Population Based HUNT Study (2021) Read the study	Trine Moholdt, PhD, Norwegian University of Science and Technology	Epidemiological	Population: Males and Females, 20 years and older Potato forms: Boiled Conclusions: Frequency of consumption of boiled potatoes is not associated with all-cause or cardiovascular disease mortality.	
 Neither Beetroot Juice Supplementation nor Increased Carbohydrate Oxidation Enhance Economy of Prolonged Exercise in Elite Race Walkers (2021) Read the study	Louise M Burke, PhD, Australian Catholic University	Clinical Trial	Population: Males, 24–35 years old Potato Forms: Mashed and wedges Conclusions: Beetroot juice supplementation and multi-pronged carbohydrate strategy aimed at improving exercise efficiency have limited effects on exercise economy.	
 Lower Nocturnal Blood Glucose Response to Potato-Based Mixed Evening Meal compared to Rice in Individuals with Type 2 Diabetes (2021) Read the study	Brooke Devlin, PhD, Australian Catholic University	Clinical Trial	Population: Males and Females, 35–75 years old Potato Forms: Boiled and roasted Conclusions: People with type 2 diabetes can better maintain overnight glycemic control when high Glycemic Index (GI) potatoes are included in an evening meal versus low GI basmati rice.	Read the press release



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 Short-Term RCT of Increased Dietary Potassium from Potato or Potassium Gluconate: Effect on Blood Pressure, Microcirculation, and Potassium and Sodium Retention in Pre-Hypertensive to Hypertensive Adults (2021) Read the study	Connie Weaver, PhD, Purdue University	Clinical Trial	Population: Males and Females, 21 years and older Potato Forms: Baked, boiled, and pan-heated (with no additional fat) Conclusions: Despite commonly held misbeliefs about French fries and their role in heart-healthy lifestyles, authors observed that a 330-calorie serving of baked French fries, when eaten as part of a typical American diet, had no adverse effect on blood pressure or blood vessel function.	Read the press release
 Effects of Potato Resistant Starch (RS) Intake on Insulin Sensitivity, Related Metabolic Markers and Satiety in Overweight or Obese Men and Women (2020) Read the study	Kevin Maki, PhD, Midwest Biomedical Research Center	Clinical Trial	Population: Males and Females, 18-74 years old Potato Forms: Gazpacho soup (cold), potato salad (cold) Conclusions: Resistant starch-enriched potatoes may have a favorable impact on carbohydrate metabolism.	
 Potato Consumption and Risk of Cardiometabolic Diseases: Evidence Mapping of Observational Studies (2020) Read the study	Liz Johnson, PhD, Tufts University	Review	Population: Males and Females, 36-74 years old Potato Forms: Boiled, fried, mixed sources Conclusions: Review of findings related to the relationship between potato intake and cardio-metabolic disease risk factors warrant additional research.	
 Potato Protein Isolate Stimulates Muscle Protein Synthesis at Rest and with Resistance Exercise in Young Women (2020) Read the study	Stuart Phillips, PhD, McMaster University	Clinical Trial	Population: Females, 18-29 years old Potato Forms: Potato protein isolate Conclusions: Potatoes can be a source of high-quality protein that helps to maintain muscle.	Read the press release
 Males and Females Exhibit Similar Muscle Glycogen Recovery with Varied Recovery Food Sources (2020) Read the study	Brent Ruby, PhD, FACSM, University of Montana	Clinical Trial	Population: Males and Females, 20-34 years old Potato Forms: French fries, gnocchi, hashbrowns, potato pancakes Conclusions: Potato-based products can be as effective as commercially marketed sports supplements when developing menus to restore glycogen (the body's energy storage in skeletal muscles and liver) for males and females.	
 Potato Ingestion is as Effective as Carbohydrate Gels to Support Prolonged Cycling Performance (2020) Read the study	Nicholas Burd, PhD, University of Illinois	Clinical Trial	Population: Males and Females, 22-40 years old Potato Forms: Pureed Conclusions: Study findings show white potatoes are as effective as commercial sports products in exercise fueling, performance and recovery.	Read the press release

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 The Effect of Potatoes on Markers of Cardiometabolic Health (2020) Read the study	Penny Kris-Etherton, PhD, RD, Pennsylvania State University	Clinical Trial	Population: Males and Females, 25-75 years old Potato Forms: Baked, steamed Conclusions: Findings show potatoes can support a healthy diet. A daily serving of non-fried potato did not affect markers of glycemia and was associated with better diet quality compared to refined grains.	Read the press release
 Intake of Boiled Potato in Relation to Cardiovascular Disease Risk Factors in a Large Norwegian Cohort: The HUNT Study (2020) Read the study	Trine Moholdt, PhD, Norwegian University of Science & Technology	Epidemiological	Population: Males and Females, 20 years and older Potato Forms: Boiled Conclusions: Findings show weak and small associations between consumption of boiled potatoes and cardiovascular disease risk factors.	
 Efficacy of Potato Resistant Starch (RS) on Improving Gut Microbiota Composition, Inflammatory Profile, and Insulin Signaling in High-Fat Fed Rats (2019) Read the study	Claire de La Serre, PhD, University of Georgia	Pre-Clinical Study	Population: Rodents Potato Forms: Potato resistance starch (RS) Conclusions: Rats fed a high-fat, high-resistant starch diet had significantly less weight gain, less desire to overeat, better balance of healthy gut microorganisms, less inflammation and better blood sugar control compared to rats fed a high-fat diet.	
 Chilled Potatoes Decrease Postprandial Glucose, Insulin, and Glucose-Dependent Insulinotropic Peptide Compared to Boiled Potatoes in Females with Elevated Fasting Glucose and Insulin (2019) Read the study	Mindy Patterson, PhD, RDN, Texas Woman's University	Clinical Trial	Population: Females, 18-45 years old Potato Forms: Boiled and baked Conclusions: Study demonstrates that consuming chilled potatoes higher in resistant starch can positively impact the glycemic response in females with elevated fasting glucose and insulin.	
 Effects of White Potatoes Consumed with Eggs on Satiety, Food Intake, and Glycemic Response in Children and Adolescents* (2019) Read the study	Nick Bellissimo PhD, Ryerson University	Clinical Trial	Population: Children, 9-14 years old Potato Forms: French fries and mashed Conclusions: Findings show white potatoes with eggs increased satiety, decreased short-term food intake, and resulted in similar energy intakes compared with meal skipping.	
 Potato Product Form Impacts In Vitro Starch Digestibility and Glucose Transport but Only Modestly Impacts 24h Blood Glucose Response in Humans (2019) Read the study	Mario Ferruzzi, PhD, North Carolina State University	Clinical Trial	Population: Male and Females, 18 years and older Potato Forms: Diced, French fries, hash browns Conclusions: Results suggest that potatoes (rich in phenolic compounds) have a modest influence on acute glycemic response.	

Published Research



Cardiometabolic Health



Healthy Dietary Patterns



Healthy Lifestyles

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 Carbohydrate-Containing Foods on Cognitive Performance, Glycemic Response, and Satiety in Children* (2019) Read the study	Nick Bellissimo, PhD, Ryerson University	Clinical Trial	Population: Children, 9-14 years old Potato Forms: French fries, hashbrowns, and mashed Conclusions: Verbal declarative memory was higher after eating French fries and subjective average appetite was lower after eating mashed potatoes.	
 Potato as a Source of Nutrition for Physical Performance (2019) Read the study	Mitch Kanter, PhD	Review	Population: Males and Females, 18 years and older Potato Forms: N/A Conclusions: High-quality carbohydrate sources can help build a strong nutritional foundation for the level of training, recovery, and adaptation that most physically active people seek to achieve. Low carbohydrate diets will not generally allow athletes to train at the intensity required to attain peak physical performance.	
 High Quality Carbohydrates: A Concept in Search of a Definition (2019) Read the study	Mitch Kanter, PhD	Review	Population: N/A Potato Forms: N/A Conclusions: Panel participants agreed carbohydrate quality is multifactorial and no single metric accurately define the quality of carb-containing foods.	Read the press release
 Fundamentals of Glycogen Metabolism for Coaches and Athletes (2018) Read the study	Bob Murray, PhD, FACSM	Review	Population: Males and Females, 18 years and older Potato Forms: N/A Conclusions: A high-carbohydrate diet remains the evidence-based recommendation for athletes who engage in hours of physical activity on a daily basis. Consumption of a variety of carbohydrate foods ensures adequate muscle and liver glycogen restoration between bouts of physical activity.	
 High-Quality Carbohydrates and Physical Performance: Expert Panel Report (2018) Read the study	Mitch Kanter, PhD	Perspectivte	Population: N/A Potato Forms: N/A Conclusions: Current research still points to carbohydrate as an indispensable energy source for high-intensity performance.	
 White Vegetables: A Forgotten Source of Nutrients: Purdue Roundtable Executive Summary (2013) Read the study	Connie Weaver, PhD, Purdue University	Perspective	Population: N/A Potato Forms: N/A Conclusions: There is a substantial body of evidence to demonstrate how the inclusion of white vegetables, such as potatoes, can increase fiber, potassium, and magnesium, as well as increase overall vegetable consumption among children, teens, and adults in the United States. In so doing, these increases can help consumers to effectively and economically meet the recommended 2010 Dietary Guidelines for Americans vegetable servings and improve nutrient intake for all age and sex categories.	
 In Nutrition, Can We "See" What is Good for Us? (2013) Read the study	Stephen Barnes, PhD, University of Alabama, Birmingham	Supplement	Population: N/A Potato Forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Conclusions: Visually discerning the phytochemicals in fruit and vegetables is limited. While the apparent value of yellow, orange, green, blue, purple, and red vegetables is that we can see them, understanding the types of phytochemicals in white vegetables is also important. Processing or cooking white vegetables may have profound effects on their phytochemical content.	

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Potatoes as a Strategy to Improve Diet Quality in Young Children	Emily Hohman, PhD, Pennsylvania State University	Clinical Trial	Population: Preschool children Potato forms: Baked, mashed and fried Outcomes measured: Height, weight, and skin carotenoid level
Investigating the Role of Potatoes in Boosting Vegetable Enjoyment and Consumption Among Adolescents and Emerging Adults	Sarah Maksi, PhD, University of Kentucky	Clinical Trial	Population: Adults Potato forms: Air fried and oil fried Outcomes measured: Plate waste, meal preference, attitudes and knowledge of potatoes and other vegetables, post prandial satiety
Enhancing the Anabolic Action of a Meal with Russet Potato-Dietary Protein Combination	Nicholas Burd, PhD, University of Illinois	Clinical Trial	Population: Adults Potato forms: Baked with skin Outcomes measured: Protein utilization, whole body anabolism, postprandial muscle protein synthesis rate, insulin and plasma amino acid concentrations
Cardiometabolic Protein Utilization, Whole Body Anabolism, Postprandial Muscle Protein Synthesis Rate, Insulin and Plasma Amino Acid Concentrations	Dennis Cladis PhD, Virginia Tech University	Clinical Trial	Population: Adults Potato forms: Baked, boiled, fried and mashed Outcomes measured: Glucose tolerance, insulin sensitivity, blood pressure and other markers of cardiometabolic health
Glycemic Effects of a Healthy Dietary Pattern Containing Potatoes in Adults with Prediabetes	Kristina Petersen, PhD, Pennsylvania State University	Clinical Trial	Population: Adults Potato forms: Baked, boiled, fried, mashed and roasted Outcomes measured: Glycemic markers, cholesterol, inflammatory markers and blood pressure/flow
Interaction Between White Potato Consumption and Meal Timing on Glycemic Response, Subjective Appetite, and Energy Intake in Adults	Nick Bellissimo, PhD, Toronto Metropolitan University	Clinical Trial	Population: Adult males Potato forms: Baked, Home fries Outcomes measured: Glycemic response (via continuous glucose monitoring system), satiety, emotions/feelings, energy intake



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 Investigation into the Cardiometabolic Health Effects of White Potatoes, Mediated by Improved Sleep Quality, Nocturnal Glycemia, and Endothelial Function - Three Novel Inter-related Mechanisms	Wendy Hall, PhD, RNutr, Kings College London	Clinical Trial	Population: Adults Potato forms: Baked, boiled, frozen and mashed Outcomes measured: Endothelial function, nocturnal glycemic variability and sleep efficiency
 School-Age Children's Diet Quality and Consumption of Vegetables by Location and Eating Occasion	Ariun Ishdorj, PhD, Texas A&M University	Epidemiological	Population: Children Potato forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Outcomes measured: Diet quality at school versus away from school, total vegetable consumption
 Long-Term Effects of a Potato Based Food Pattern vs a Rice/ Pasta-Based Food Pattern on Fasting and Postprandial Cardiometabolic Health	Jogchum Plat, PhD, Maastricht University	Clinical Trial	Population: Adults Potato forms: N/A Outcomes measured: Blood glucose and lipids
 Effect of Potato Form and Consumption Pattern on Acute Glycaemia and Glucose Kinetics in Individuals with Type 2 Diabetes	Denise Robertson, PhD, University of Surrey	Clinical Trial	Population: Adults Potato forms: Baked French fries, boiled, boiled-mashed Outcomes measured: Blood glucose, insulin, and triglycerides
 Impact of a Low Glycemic Load (GL) Diet Containing Potatoes on Body Composition and Cardiometabolic Health in Subjects with Metabolic Syndrome (MetS)	Jamie Baum, PhD, University of Arkansas	Clinical Trial	Population: Adults Potato forms: Baked, French fries and mashed Outcomes measured: Cardiometabolic health markers (e.g., cholesterol and glucose)
 A Short-Term Potato-Enriched Diet to Support Muscle Accretion and Promote Substrate Metabolism Adaptations in Recreationally Active Individuals	Donny Camera, PhD, Swinburne University of Technology	Clinical Trial	Population: Healthy, young males Potato forms: Baked, chips and mashed Outcomes measured: Differences in muscle protein response to exercise

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	Potato-Based Wholefoods versus Designer Sports Nutrition; How Potatoes and Potato-Based Products can Accelerate Recovery Following Exercise	Luc van Loon, PhD, Maastricht University	Clinical Trial	Population: Athletes Potato forms: Baked, croquettes and gnocchi Outcomes measured: Ability to replenish muscle and liver glycogen stores post-exercise recovery
	Effect of Potatoes on Brain Energy Metabolism	Candida Rebello, PhD, RD, Pennington Biomedical Research Center	Clinical Trial	Population: Adults Potato forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Outcomes measured: Brain insulin resistance
	The Impact of Plant-Based Diets that Include Potatoes, Legumes, and Whole Grains as Consumed in Real-life Settings on Nutrition, Economy, and Environmental Sustainability	Joan Sabaté, MD, DrPH, Loma Linda University	Epidemiological	Population: Adults Potato Forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Outcomes measured: Economical, environmental and nutritional benefits of a plantbased diet high in potatoes, legumes, and whole grains
	Association of Consumption of Higher Quality Carbohydrate Foods with Physiological Parameters and Health Risk Factors	Victor Fulgoni, III, PhD,	NHANES Analysis	Population: Adults Potato forms: Baked, boiled, chips, fried, frozen, mashed, and roasted Outcomes measured: Anthropometrics, blood glucose/insulin, blood lipids, blood pressure, HOMA-IR, and nutrient intakes
	Effect of Pre-Exercise Carbohydrate Feeding Source on Metabolic Response and Exercise Performance	Brent Ruby, PhD/ Dustin Slivka, PhD, University of Montana	Clinical Trial	Population: Adults Potato Forms: Roasted (pre-packaged from frozen) Outcomes measured: Average power (watts) time to complete cycle trial, blood glucose/insulin, heart rate and muscle glycogen
	Effects of White Potato on Cardiometabolic Health in Adults with Pre-Diabetes from Diverse Racial and Ethnic Backgrounds	Neda Akhavan, PhD, Florida State University	Clinical Trial	Population: Adults Potato Forms: N/A Outcomes measured: Glycemic control and cardiometabolic health, including lipids, blood pressure, and markers of inflammation