

Title	White Potatoes Do Not Displace Other Vegetables in Meals Consumed by American Children and Adolescents (14-18 yr)
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Study Design	Using data from 4-cycles (2001-08) of the National Health and Nutrition Examination Survey (NHANES), we evaluated whether consumption of white potatoes, (baked, roasted, or boiled), displaced other vegetables from the meals of children and adolescents aged 4-18 y. Approximately 10,600 lunches and 11,500 dinners were characterized by place (at-home or away from home) and by source of food (e.g., store or school cafeteria). Children and adolescents consuming white potatoes, baked, roasted, or boiled were identified using the individual-food record. The median, inter-quartile range and survey-weighted mean number of other vegetable servings per 1000 calories were estimated for each meal.
Results	Children whose weekday lunches included non-fried white potatoes consumed a median of 0.37 servings of other vegetables at lunch as compared to only 0.19 servings for children whose lunches did not include potatoes. There was no evidence that white potatoes displaced other vegetables in school lunches. Meals containing potatoes had significantly higher amounts of vitamin C, potassium and fiber per 1000 calories than meals that did not contain potatoes. There were no significant differences in BMIs of children or adolescents who consumed potatoes vs those who did not consume potatoes.
Conclusion	Consumption of white potatoes (non-fried) among children and adolescents is associated with higher vegetable and nutrient intakes and does not promote overweight or obesity.