

EMBRACING CULTURAL DIVERSITY IN *Culinary Medicine with Potatoes*

Potatoes are a versatile, nutrient-rich vegetable that play a significant role in many cultural eating patterns. By incorporating potatoes into culinary medicine, medical practitioners can enhance patient nutrition care, increase vegetable intake, and respect cultural food traditions.

POTATOES IN CULTURAL CUISINES

Potatoes are a staple in many cultures and are regularly eaten in Asian American, African American, Latin American, and Mediterranean-heritage diets¹.

53%
OF AMERICANS

report that potatoes are the most foundational vegetable in their culture when compared to other vegetables.²

This is consistent across white (54%), Hispanic (53%), Black (52%), and Native (50%) Americans².

Globally, potatoes are the **THIRD MOST IMPORTANT FOOD CROP** after rice and wheat³.



OVER A BILLION PEOPLE WORLDWIDE CONSUME POTATOES, with global production exceeding 300 million metric tons³.

NUTRITIONAL BENEFITS OF POTATOES*

FIBER
(2g – 7% DV)

POTASSIUM
(620mg – 15% DV)

VITAMIN C
(27mg – 30% DV)

VITAMIN B6
(0.2mg - 10% DV)

110 CALORIES⁴

CARBOHYDRATES
(26g - 9% DV)



POTATOES CAN HELP INCREASE VEGETABLE CONSUMPTION; in fact, potatoes are often enjoyed with other vegetables. Research shows that other vegetables rank as the second most popular option to pair with potatoes (22%) after poultry (23%).⁶

*in a 5.3 oz, skin-on potato

ACCESSIBILITY AND VERSATILITY

Potatoes consistently rank as **AMERICA'S FAVORITE VEGETABLE**.⁷

Potatoes are gluten-free, allergy-friendly, and have versatile menu applications.

POTATOES COST LESS THAN ALL OTHER STARCHY VEGETABLES.*

*per MyPlate cup-equivalent.⁸

POTATOES	\$0.15
CORN	\$0.45
PEAS	\$0.44

1 Oldways-Cultural Food Traditions. Accessed May 25, 2024. https://oldwayspt.org/resources/search?keys=foods+and+flavors&items_per_page=12

2 Meeting Street Omnibus Survey. Meeting Street Insights completed an online nationwide survey among 1,000 adults (aged 18+) on December 15-18, 2023. Respondents were sourced from Dynata's online general population consumer panel. Standard demographic quotas were set to mirror Census data for region, gender, age, and race; weights were also applied on education level to bring them into line with Census figures. The credibility interval for a sample of N=1,000 is +/-3.53%.

3 Potato facts and figures. International Potato Center. <https://cipotato.org/potato/potato-facts-and-figures/>. Accessed May 29, 2024.

4 O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Food sources of energy and nutrients among adults in the US: NHANES 2003–2006. *Nutrients*. 2012;4(12):2097-2120. doi:10.3390/nu4122097

5 Drewnowski A. The Nutrient Rich Foods Index helps to identify healthy, affordable foods. *AJCN*. 2010;11(4): 1095S-1101S. doi.org/10.3945/ajcn.2010.28450D

6 Keast DR, Fulgoni VL 3rd, Nicklas TA, O'Neil CE. Food sources of energy and nutrients among children in the United States: National Health and Nutrition Examination Survey 2003–2006. *Nutrients*. 2013;5(1):283-301. doi:10.3390/nu5010283

7 Consumer Attitude and Usage Study. Potatoes USA. Published 2023. Accessed December 28, 2023. <https://potatoesusa.com/wp-content/uploads/2023/05/Consumer-A-U-Handout-2023.pdf>

8 Walmart. Accessed December 28, 2023. https://www.walmart.com/cp/food/976759?povid=GlobalNav_rWeb_Grocery_Grocery_ShopAll

CULTURAL RECIPES HIGHLIGHTING POTATOES

More recipes at PotatoGoodness.com



African Peanut Stew

MAKES: 12 SERVINGS

INGREDIENTS

- | | |
|---------------------------------|---|
| 1 tbsp olive oil | 1 (15 oz) can no salt added diced tomatoes |
| 1 yellow onion, diced | 2.5 lbs yellow, red or purple potatoes, 1" dice |
| 1 tbsp minced ginger | 1 (15 oz) can no salt added chickpeas, drained & rinsed |
| 2 cloves garlic, minced | 4 cups chopped kale, stems removed |
| 2 tsp ground cumin | 2 limes, zested and juiced |
| 3/4 tsp kosher salt | 1/4 cup unsalted peanuts, chopped |
| 4 cups unsalted vegetable stock | 1 tsp Sriracha (plus more for serving) |
| 1/2 cup natural peanut butter | |
| 1/2 cup tomato paste | |

PREPARATION

- Heat oil in a large pot over medium heat. Cook onions until translucent.
- Add ginger and garlic; cook 1-2 mins until fragrant. Add cumin and salt; cook 1 min, stirring frequently.
- Add stock, peanut butter, tomato paste, and tomatoes. Increase heat and bring to a boil.
- Add potatoes; simmer uncovered for 15-20 mins or until tender.
- Add chickpeas and kale; cook 1-2 mins until kale is tender.
- Stir in lime juice and Sriracha.
- Garnish with lime zest and peanuts. Drizzle more Sriracha if desired.

240 calories	8g sugar
9g fat	2g added sugar
1g sat fat	9g protein
0mg cholesterol	43mg vitamin C
350mg sodium	100mg calcium
34g carbohydrates	2.8mg iron
6g fiber	810mg potassium



Rustic Beef and Potato Caldo

MAKES: 6 SERVINGS

INGREDIENTS

- | | |
|---------------------------------|-------------------------------------|
| 1 tbsp canola oil | 5 cups chopped cabbage |
| 3 lbs beef shank (1-1.5" thick) | 2 ears corn, cut into 3 pieces each |
| 2 cups water | 1/2 lb small red potatoes |
| 2 cups reduced salt beef broth | 1 large onion, 1" chopped |
| 2 tbsp chopped cilantro | 2 med carrots, 1" pieces |
| 4 garlic cloves, minced | 2 med zucchini, 1" pieces |
| 3/4 tsp salt | 2 med tomatoes, 1" chopped |
| 2 tsp pepper | Lime wedges (optional) |
| 1/2 tsp ground cumin | |

PREPARATION

- Heat oil in a stockpot over medium heat. Brown beef on all sides in batches. Pour off drippings.
- Return beef to pot. Add water, broth, cilantro, garlic, salt, pepper, and cumin. Bring to a boil, reduce heat, cover, and simmer for 1.75-2 hours until beef is fork-tender.
- Add cabbage, corn, potatoes, onion, and carrots. Simmer for 20 minutes.
- Add zucchini and tomatoes. Simmer for 10-15 minutes until vegetables are tender.
- Garnish with lime wedges, if desired.

440 calories	9g sugar
12g fat	0g added sugar
3.5g sat fat	55g protein
90mg cholesterol	55mg vitamin C
640mg sodium	120mg calcium
29g carbohydrates	6.8mg iron
6g fiber	1710mg potassium

