

Potato Formats for Patients:

MEETING PATIENTS WHERE THEY ARE

Vegetables are an essential part of a healthy eating pattern, but research has shown that approximately 9 in 10 Americans do not eat enough fruits and vegetables¹.

Potatoes are America's favorite vegetable and can be a "springboard" vegetable that, when paired with other less-consumed vegetables, can help increase overall vegetable consumption².



9 IN 10 AMERICANS
DON'T EAT ENOUGH FRUITS AND VEGETABLES

Potatoes are versatile and nutrient dense and are available in many formats that are accessible and convenient for all.

Understanding how fresh, frozen, dehydrated, and canned potatoes can best serve patients is crucial to improving overall diet quality in practical ways. No matter where your patients purchase potatoes - the freezer, the shelf, or the produce section - they deliver the same nutrition!³

POTATOES ARE NUTRIENT DENSE

NUTRIENTS IN A FRESH, MEDIUM SKIN-ON, 5.3 OZ POTATO⁴:

26 G CARBOHYDRATES
(9%)

a key source of energy

620 MG POTASSIUM
(15%)

essential for muscle function⁶

2 G FIBER
(7%)

regulates blood glucose⁷

27 MG VITAMIN C
(30%)

supports iron absorption⁵

1.1 MG IRON
(6%)

helps oxygenate muscles

.2 MG VITAMIN B6
(10%)

needed for carbohydrate and protein metabolism

EMBRACING THE MANY FORMATS OF POTATOES provides more opportunities to increase vegetable consumption for diverse populations.



FRESH POTATOES



FROZEN POTATOES



DEHYDRATED POTATOES



CANNED POTATOES



FRESH POTATOES

FORMATS:

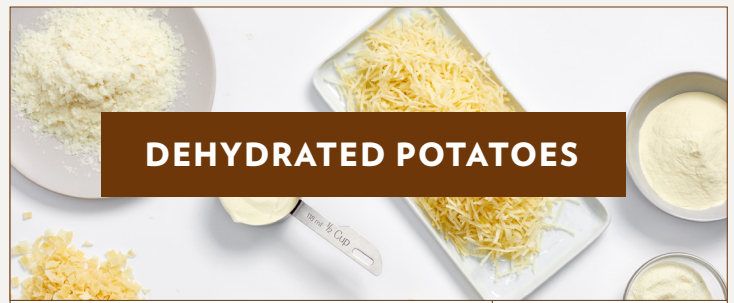
Yellow, red, white, or purple in a variety of sizes.

BENEFITS:

Versatile in applications and, when stored properly, can last for weeks.

USAGE:

Can be prepared in numerous ways including baking, boiling, mashing, and roasting.



DEHYDRATED POTATOES

FORMATS:

Instant potatoes, potato flakes.

BENEFITS:

Shelf-stable, easy to rehydrate, gluten-free thickener for soups and sauces.

USAGE:

Simply add water or other liquids to serve immediately.



FROZEN POTATOES

FORMATS:

Diced, shredded, patties, drums, wedges, and mashed.

BENEFITS:

Convenient, quick-cooking, minimal preparation.

USAGE:

Choose unseasoned varieties for a nutrient profile closest to fresh potatoes.



CANNED POTATOES

FORMATS:

Whole, diced, sliced, and also available with no salt added.

BENEFITS:

Ready-to-eat, shelf stable with extended shelf life.

USAGE:

Can be eaten cold or hot, roasted, or mixed into dishes. Opt for no salt added canned potatoes or rinse to reduce sodium.

Potato Format FAQs:

Are dehydrated potato products 100% potatoes?

Yes. Dehydrated potato products are made from 100% whole, high-quality potatoes.

Can dehydrated potatoes be part of a nutritious diet?

Absolutely, dehydrated potatoes are real potatoes, with the water removed. Unflavored varieties can be seasoned to taste and used as a side dish or soup thickener, and are shelf stable.

Are dehydrated, canned, and frozen potatoes high in salt?

Some varieties of canned and frozen potatoes may contain added salt for preservation or flavor. However, there are many options with little or no added sodium available. For example, no salt-added canned and frozen potatoes can be found in many grocery stores, offering an excellent choice for those looking to manage their sodium intake while still enjoying the convenience and nutrition of potatoes. Dehydrated potatoes generally contain minimal sodium, but always check the label for specific details.


What are the advantages of using dehydrated, frozen or canned potatoes?

Dehydrated, frozen, and canned potatoes offer convenience, long shelf life, and reduced food waste. Dehydrated potatoes are instant, while canned and frozen options are partially cooked, saving time in meal prep. These formats provide easy, year-round access to high-quality potatoes, making it simple to prepare nutritious meals on a budget.



RECIPE INSPIRATION
More recipes at PotatoGoodness.com

DEHYDRATED POTATOES		Gluten-Free Potato Breakfast Cookies	
		MAKES: 12 COOKIES	
		INGREDIENTS	<p>1/2 cup instant mashed potato flakes 3/4 cup water 2 tbsp maple syrup 2 tsp vanilla extract 1/2 cup unsweetened applesauce 1 tbsp ground flax + 2 tablespoons water (a flax “egg”)</p> <p>1/4 cup sunflower seed butter 1 1/2 cup old-fashioned oats 1 tsp cinnamon 1/4 tsp salt 1/2 cup dried cranberries 1/4 cup sunflower seed kernels</p>
<p>250 calories 11g fat 1g saturated fat 0mg cholesterol 100mg sodium 34g carbohydrates 5g fiber</p> <p>13g sugar 6g added sugar 6g protein 5mg vitamin C 30mg calcium 1.9mg iron 190mg potassium</p>		PREPARATION	<ol style="list-style-type: none"> Heat the oven to 375°F. Line a sheet pan with a silicone baking mat, parchment paper, or aluminum foil and set aside. In a large bowl, whisk together the potato flakes and 3/4 cup water to the consistency of thick mashed potatoes. Whisk in the maple syrup, vanilla, applesauce, flax egg, and sunflower seed butter. Add the remaining dry ingredients and stir to combine. Drop the dough onto the prepared sheet pan by the spoonful until you have 12 cookies (about 3 tbsp each). Flatten slightly with your hand. Bake for 12-15 minutes, or until a toothpick inserted in the middle is clean, and allow to cool on the baking sheet.

FROZEN POTATOES		Potato Hash Egg Cups	
		MAKES: 6 SERVINGS	
		INGREDIENTS	<p>Cooking spray 8 large eggs, beaten 2 tbsp milk or water 1/2 tsp salt 1/2 tsp pepper 1/2 tsp garlic powder 1/4 medium yellow onion, diced (about 1/4 cup)</p> <p>1 whole red bell pepper, diced (about 1 cup) 1 cup spinach, chopped 1 1/2 cup refrigerated or frozen shredded hash brown potatoes 4 tbsp shredded cheddar cheese</p>
<p>170 calories 9g fat 3g saturated fat 255mg cholesterol 330mg sodium 12g carbohydrates 1g fiber</p> <p>2g sugar 0g added sugar 11g protein 31mg vitamin C 90mg calcium 1.9mg iron 330mg potassium</p>		PREPARATION	<ol style="list-style-type: none"> Preheat oven to 350°F. Spray a muffin tin generously with cooking oil. Make sure the sides are well covered to decrease the chance of them sticking. In a medium-sized mixing bowl, whisk the eggs with the milk or water until smooth and uniform. Season with salt, pepper, and garlic powder. Stir in the onions, bell pepper, and spinach. Add the potato shreds and fold them into the whisked egg mixture. Portion the vegetable-egg mixture into the 12 cups, with approximately 2 oz in each well, filling the wells 3/4 of the way. Top each well with 1 tsp of shredded cheddar cheese. Bake for 20-25 minutes or until a knife inserted in the center comes out clean. Serve with your favorite hot sauce and enjoy!

CANNED POTATOES

Spring Nicoise Potato Salad

MAKES: 4 SERVINGS



INGREDIENTS

- 1 (15 oz) can whole potatoes, drained and rinsed or fresh cooked red potatoes, quartered
- 1 (6 oz) can white tuna in water, drained
- 12 steamed asparagus spears
- 8 radishes
- 1/4 cup pitted kalamata olives
- 2 tbsp minced red onion
- 3 tbsp red wine vinegar
- 2 tbsp chopped fresh parsley
- 4 tsp olive oil
- 1/8 tsp salt
- Pepper to taste

PREPARATION

1. Arrange potatoes on platter with tuna, asparagus, radishes, olives, and onion.
2. In small bowl, whisk vinegar, parsley, and oil; drizzle over salad. Season with salt and pepper.

220 calories
10g fat
1.5g saturated fat
15mg cholesterol
510mg sodium
21g carbohydrates
4g fiber

2g sugar
0g added sugar
10g protein
13mg vitamin C
30mg calcium
2.7mg iron
470mg potassium

FRESH POTATOES



Spring Sheet Pan Salmon, Potatoes, and Snap Peas

MAKES: 3 SERVINGS

INGREDIENTS

- 12 oz petite or red potatoes (about 2 cups, chopped)
- 1/4 cup olive oil
- Juice of 1 lemon
- 3 tbsp Dijon mustard
- 3 (3-4 oz) salmon fillets
- 1/2 tsp salt
- Pepper to taste
- 1 cup snap peas
- 2 tbsp fresh chopped parsley or dill

PREPARATION

1. Preheat oven to 450°F. Line a baking sheet with parchment.
2. Wash and dry potatoes, then halve or quarter if large. Set aside.
3. Whisk olive oil, lemon juice, Dijon, salt, and pepper in a large bowl. Toss potatoes and snap peas to coat, saving leftover mixture in bowl for the salmon.
4. Remove the potatoes from the bowl with tongs and spread them evenly on the baking sheet. Bake for 15 minutes or until potatoes begin to soften. Remove from the oven.
5. Add snap peas to the potatoes, push to the side, and place salmon on the pan. Pour remaining oil mixture over salmon. Bake 10 more minutes.
6. Turn the oven to broil and broil for 2-5 minutes, watching closely to avoid burning. Remove from oven.
7. Garnish with fresh herbs and serve.

450 calories
31g fat
5g saturated fat
45mg cholesterol
620mg sodium
22g carbohydrates
3g fiber

3g sugar
0g added sugar
21g protein
32mg vitamin C
50mg calcium
2.2mg iron
880mg potassium

1 Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. *Morb Mortal Wkly Rep.* 2017;66:1241–1247.

2 <https://www.mdpi.com/2072-6643/15/21/4496>

3 <https://potatogoodness.com/wp-content/uploads/Potatoes-USA-Fact-Check-Nutrient-Content-in-Potato-Forms.pdf>

4 USDA FoodData Central. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/2346401/nutrients>.

5 Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. *J Acad Nutr Diet.* 2015 November; 115(11):1861–70.

6 Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of the Academy of Nutrition and Dietetics.* 2016; 116(3):501–528.

7 Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. *J Acad Nutr Diet.* 2015 November; 115(11):1861–70.

