

# PERFORMANCE

POTATO EDITION

MAGAZINE

## POTATO POWER

The Veggie That Helps You  
Perform At Your Best ◀◀

Potato  
Nutrition  
from A to Z



SUPERSTAR RD'S!

GET TO KNOW THE RD ELITE

RECIPES FOR SUCCESS

3 delicious ways to power performance with potatoes p. 22

Anna Cheeka's  
Ozette



Reddale



All Red



All Blue



Russian Banana

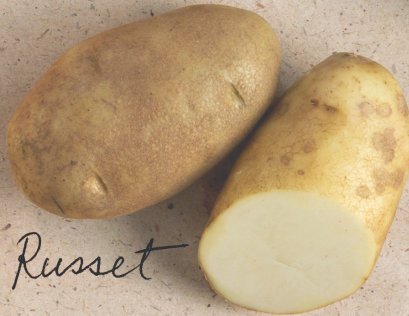


Red LaSoda



Yellow Finn

Bintje



Russet



Red Thumb

French Fingering



Purple Peruvian



Yukon Gold

Cal White



Elba



Huckleberry



Red Bliss

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## THIS ISSUE OF PERFORMANCE

is dedicated to America's favorite vegetable, the potato! Did you know that potatoes provide the carbohydrate, potassium and energy you need to perform at your best? Potatoes are more energy-packed than any other popular vegetable and have even more potassium than a banana. Plus, there's a potato option to fuel your body and brain throughout the day — whether you lead an active lifestyle or are competing with elite athletes. In summary, to perform at your best, put potatoes on your plate.

Cuban Fusion



Some considered  
*the Potato*  
TO BE AN  
APHRODISIAC.

*Shhh,* NOW YOU WANT  
A QUICK RECIPE.



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BEHOLD  
*The 9th*  
WONDER  
OF THE WORLD

It might not be the first food you think of to make dinner exciting again, but once you try a recipe from [PotatoGoodness.com/performance](http://PotatoGoodness.com/performance), you'll totally get it.



# THE FACTS

Potato Nutrition Label

ONLY 110 CALORIES  
PER SERVING

SODIUM- AND  
CHOLESTEROL-FREE

HAVE MORE POTASSIUM  
THAN A BANANA

Potassium helps maintain  
normal blood pressure

AN EXCELLENT  
SOURCE OF VITAMIN C

Vitamin C may help support  
the body's immune system

## Nutrition Facts

Serving size 1 potato (148g/5.3oz)

Amount Per Serving  
**Calories 110**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 2g **8%**

Total Sugars 1g

Includes 0g Added Sugar **0%**

**Protein** 3g

Vitamin D 0g **0%**

Calcium 20mg **2%**

Iron 1.08mg **6%**

Potassium 620mg **18%**

Vitamin C 27mg **45%**

Vitamin B<sub>6</sub> 0.2 mg **10%**

The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Stats based on one medium potato (5.3 oz) with the skin.

### DID YOU KNOW?

Potatoes provide key nutrients at an affordable price. Potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients — potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium. <sup>1</sup>

FAT-FREE

GLUTEN-FREE

A GOOD SOURCE  
OF VITAMIN B6

Vitamin B6 plays an  
important role in metabolism

If you can't make  
**Vodka &  
Electricity**  
with it,  
**IT'S NOT A  
SUPERFOOD.**



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If potatoes can power an alarm clock or be distilled into spirits, just imagine what they can do in the kitchen. Get hundreds of recipes at [PotatoGoodness.com/performance](http://PotatoGoodness.com/performance)

# RD SPOTLIGHT

Meet the Registered Dietitian superstars working with the United States potato industry

CHRISTOPHER R. MOHR, PHD, RD



KATIE CAVUTO, MS, RD



DAWN JACKSON BLATNER, RDN, CSSD





## Katie Cavuto MS, RD, Chef

▶▶▶ **IS A PHILADELPHIA-BASED REGISTERED DIETITIAN** and wellness advocate. She aims to inspire people to live well through messages of self-love, food enjoyment, mindfulness and gratitude. Katie is the dietitian for the Philadelphia Flyers and Phillies. Her first book, *Whole Cooking and Nutrition: An Everyday Superfoods Approach to Planning, Cooking and Eating with Diabetes*, was published by the American Diabetes Association in September 2016.



## Dawn Jackson Blatner, RDN, CSSD

▶▶▶ **IS A REGISTERED DIETITIAN NUTRITIONIST**, certified specialist in sports dietetics and author of two books, *The Flexitarian Diet*, ranked a top plant-based diet by US News & World Report, and *Superfood Swap*. Dawn is the nutritionist for the Chicago Cubs, a food and nutrition blogger with Huffington Post, and a nutrition expert on the advisory board of *SHAPE* magazine. Dawn recently starred in (and won!) the hit primetime ABC television show *My Diet Is Better Than Yours*.



## Dr. Christopher R. Mohr, PhD, RD

▶▶▶ **IS AN INTERNATIONALLY RECOGNIZED NUTRITION EXPERT** and with his company Mohr Results, Inc., he has worked with thousands of individuals to help them reach their physical goals through high performance nutrition and training. He is the consulting Sports Nutritionist for the Cincinnati Bengals and a nutrition spokesperson and consultant to a number of media outlets and corporations.

# Potatoes Power



If you're looking to power up your

performance, look no further than

the humble potato.

# Performance

grilled potato and arugula salad



**T**HE BENEFITS OF POTATOES go far beyond their versatility in the kitchen and delicious taste. When it comes to powering your performance, potatoes provide the carbohydrate, potassium and energy you need to perform at your best.

Did you know carbohydrate is the primary fuel for your brain and a key source of energy for muscles? Carbohydrate is also important for optimal physical and mental performance<sup>1</sup>. Because your body's own stores of carbohydrate are limited and may be depleted — even in a single session of intense and/or prolonged exercise — it's important to replenish them<sup>2</sup>. With a medium (5.3 ounce) skin-on potato containing 26 grams of carbohydrates — potatoes are a nutrient-dense carb, containing as much, if not more, of several essential vitamins and minerals than spaghetti, brown rice or whole wheat bread (compared on a per-serving basis).

A medium (5.3 ounce) skin-on potato also contains 620 milligrams of potassium, that's even more potassium than a banana! Potassium is an important electrolyte that aids in muscle, cardiovascular and nervous system function. The 2015 Dietary Guidelines mention potassium as an under-consumed nutrient of concern, and recommends consuming foods with high levels of potassium, such as white potatoes<sup>3</sup>.

As we know, adequate energy supports optimal body functions and it's critical to take in the appropriate number of calories to match the demands of your day. Potatoes are more energy-packed than any other popular vegetable, with a medium (5.3 ounce) skin-on potato containing 110 calories.

Whether you lead an active lifestyle or compete with elite athletes, there's a potato option to fuel your body and brain throughout the day. From russets, reds, yellows, whites and purples to petites, fingerlings and more — there are multiple varieties to keep meals interesting. There are also a range of preparations to keep things healthy and easy as potatoes are perfect paired with any protein and there are many recipes with few ingredients needed and that are ready to serve in under 30 minutes. Fresh, dehydrated, frozen and refrigerated — potatoes come in several forms to fit various needs.

Remember, to perform at your best, put potatoes on your plate. To learn everything you can do with potatoes and all the ways they can power your performance, check out **PotatoGoodness.com/performance**.

**POTATOES  
PROVIDE THE  
CARBOHYDRATE,  
POTASSIUM &  
ENERGY YOU  
NEED TO  
PERFORM AT  
YOUR BEST.**

<sup>1</sup> Nutrition and Athletic Performance. Position of the Academy for Nutrition and Dietetics, American College of Sports Medicine and the Dietitians of Canada. Med Sci Sports Exerc. 2015; 48:543-568)

<sup>2</sup> Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. J Sports Sci. 2011; 29(Suppl 1): S17-27).

<sup>3</sup> Potassium: Food Sources Ranked by Amounts of Potassium and Energy per Standard Food Portions and per 100 Grams of Foods. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/appendix-10/>

Whether you lead an active lifestyle or compete with elite athletes,  
there's a potato option to fuel your body and brain throughout the day.



moroccan brochettes



FROM A TO Z,  
**POTATOES HAVE  
NUTRITION COVERED**



Black and Blue Salad

**ANTIOXIDANTS.** Potatoes contain antioxidants including vitamin C, carotenoids, and anthocyanins. The amounts and types are dependent upon the potato variety. So, make sure to include a number of different potato types (e.g., reds, purples, yellow, russets) in your diet.

**VITAMIN B6.** Potatoes are a good source vitamin B6, which is a nutrient that plays an important role in carbohydrate and protein metabolism. It helps turn the energy from food into energy your body can use.

**VITAMIN C.** Potatoes are an excellent source of vitamin C (45% of the DV), in fact they have more vitamin C than one medium tomato (40% DV) or sweet potato (30% DV). Vitamin C plays a key role in the synthesis of collagen (important for healthy skin and gums) and may help support the body's immune system.

**DELICIOUS.** Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean... the possibilities are endless!

**E-NEWSLETTER.** Sign up today for a weekly potato recipe delivered to your email inbox each week: [potatogoodness.com](http://potatogoodness.com).

**FIBER.** One wholesome, satisfying potato with skin contributes 2 g of fiber to the diet or 8% of the DV. Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose, and increasing satiety (makes you feel full longer), which may help with weight loss.



**GLUTEN-FREE.** Potatoes are naturally gluten-free. An ideal substitution for some of your favorite bread, grain and pasta-based dishes, potatoes add a boost of nutritional benefits too.

**HEALTHY.** That's right, potatoes can be part of a healthy diet. It's the toppings that typically put spuds over the top in calories and fat. Try salsa, low-fat cheese and broccoli instead!

**GLYCEMIC INDEX.** The GI of potatoes is highly variable depending on the variety, origin and preparation methods. Confused? Don't worry about it — both the 2010 and 2015 Dietary Guidelines committees concluded there is no evidence indicating that GI aids in weight loss or weight loss maintenance.

**JUST 110 CALORIES.** A medium (5.3 ounce) potato with skin has just 110 calories. Keep them lean by simply roasting with olive oil, herbs and a pinch of salt.

**K = POTASSIUM.** (periodic table, anyone?) Research suggests diets high in potassium and low in sodium may reduce the risk of hypertension and stroke. Potatoes with skin are a good source of potassium.

**LABEL.** Look to the FDA-approved nutrition label for all of the facts on potato nutrition.

**MAGNESIUM.** A medium potato provides 48 mg of magnesium and research indicates potatoes contribute 5% of the total magnesium intake in the diets of Americans.\*\*

**NUTRITION FACTS.** One medium potato has no fat, sodium or cholesterol. Just check out the FDA-approved nutrition label!

**OMG.** Who doesn't love the taste of potatoes?! Expand your passion for potatoes even further with new types, cooking preparations, and global spices.

**PEEL.** The potato's skin contains approximately half the total dietary fiber, but the majority (> 50 percent) of the nutrients are found within the potato, itself.

**QUICK.** Potatoes come in hundreds of shapes and sizes. Try the smaller varieties for a quick stove-top meal, and remember to use the microwave to speed the cook time of all your potato recipes.

**RESISTANT STARCH.** Resistant Starch (RS) is found naturally in potatoes and is a type of carbohydrate that is "resistant" to digestion by human digestive enzymes, just like dietary fiber. It also is believed to deliver similar health benefits to dietary fiber and has been shown in both human and animal studies to improve the health of the gastrointestinal tract and digestive system.

### **SWEET POTATOES VS. WHITE POTATOES.**

Surprise! Both vegetables supply important nutrients. They are similar in their calorie content as well as the amount of fiber, protein and vitamin B6. White potatoes pack the greater potassium punch (620 mg vs 440 mg) whereas sweet potatoes definitely lead the way in vitamin A (120% of the DV). Both potatoes provide an excellent source of vitamin C (45% of the DV for white potatoes and 30% of the DV for sweet potatoes).

**TYPES.** Russets, reds, yellows, purples/blues, whites, fingerlings and petites. There's a different type for every day of the week. Try them all!

**USA.** A vast majority of all potato farms in the U.S. are family-owned. From California to the Carolinas, families just like yours work hard year-round to nurture, grow and deliver potatoes from their farm to your local market.

**VEGETABLE.** That's right, folks. Potatoes are a vegetable.

**WEIGHT MANAGEMENT.** Research shows potatoes (when prepared healthfully) can be part of a weight loss plan.\*\*

**XCELLENT.** Need we say more? Only two more letters to go and it's pretty obvious potatoes are an excellent staple in our diet.

**YUMMY.** According to consumers\*\*, taste is everything. Tastes good and good for you? Potatoes are the superfood you've been dreaming about.

**ZERO.** Did we mention zero fat, sodium or cholesterol?

\*References to potato nutrient values are based on a medium, 5.3 oz potato with skin.

\*\*For research references and more in-depth nutrition information visit: [www.potatogoodness.com/nutrition-professionals/](http://www.potatogoodness.com/nutrition-professionals/)

A close-up photograph of three potato tacos served in a metal tray. Each taco is filled with a piece of grilled, charred meat, a slice of roasted potato, a green pepper, and fresh cilantro. The background is a dark, textured surface.

# MORE REASONS TO



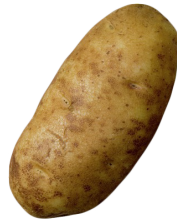
**LOVE**

**POTATOES**

Delicious AND nutritious, it's no wonder potatoes are a family favorite! Potatoes come in hundreds of shapes and sizes, so there is a perfect one for every day of the week. Try smaller varieties for a quick stove-top meal or use your microwave to speed up your spuds. Any way you slice them, potatoes are perfect for breakfast, lunch, dinner and even snack time. Celebrate the goodness of potatoes!

# ONE POTATO, TWO POTATO, THREE POTATO, MORE!

There's a different potato type to try every day of the week! There are seven main potato types that can be found at most major grocery stores. If you don't see the types below in your local store, just ask for them!



**RUSSETS**

Look for brown, netted skin and white flesh. Enjoy them baked, pan-fried, mashed or roasted.



**PETITES**

Look for small, even "bite-sized" potatoes. Don't let their size fool you, because their flavors are actually more concentrated and they cook more quickly.



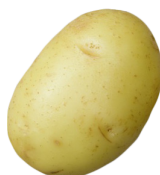
**FINGERLINGS**

Look for small, slender "finger-sized" potatoes, typically ranging from 2 to 4 inches in length. Pan-fry them to showcase their wonderful nutty and buttery tastes.



**REDS**

Look for rosy red skin and white flesh. Enjoy them in soups, stews and salads to get the most of their subtly sweet flavor.



**YELLOWS**

Look for golden skin and golden flesh. Bake, roast or grill them up for a slightly sweet, caramelized flavor.



**PURPLES/BLUES**

Look for deep purple skin with flesh that ranges from purple to lavender to almost white. Roast them, then toss into salads for a pop of color.



**WHITES**

Look for white (sometimes light tan) skin and white flesh. They make extra velvety mashed potatoes and grilling brings out a full-bodied flavor.

# POTATO PREP

Potatoes can be your secret weapon for a tasty breakfast, lunch, dinner or snack every day of the week! Here are instructions for the most popular ways to prepare potatoes:



## MASH IT

Leave skin on or peel three medium (5-to 6-oz.) potatoes. Cut into 1-inch chunks. Place potato pieces in medium pot and pour over enough water (or reduced sodium broth) to cover. Set pan over high heat and bring to a boil. Boil 10 minutes or until tender. Drain, then shake potatoes over low heat for 1 minute to dry. Mash with potato masher or fork. Makes 4 servings.



## GRILL IT

Preheat grill. Combine oil, and seasonings in dish. Add potato slices and turn until well-coated. Grill potatoes for 8 minutes or until soft. Turn and continue grilling 10 minutes longer or until cooked through. Remove from grill and serve.



## ROAST IT

With a fork, pierce skin of four medium (5- to 6-oz.) potatoes in several places. Bake in preheated 400°F oven for 40 to 50 minutes, or until tender when tested with fork. The skin will be crispy and the pulp dry and fluffy. Makes 4 servings.



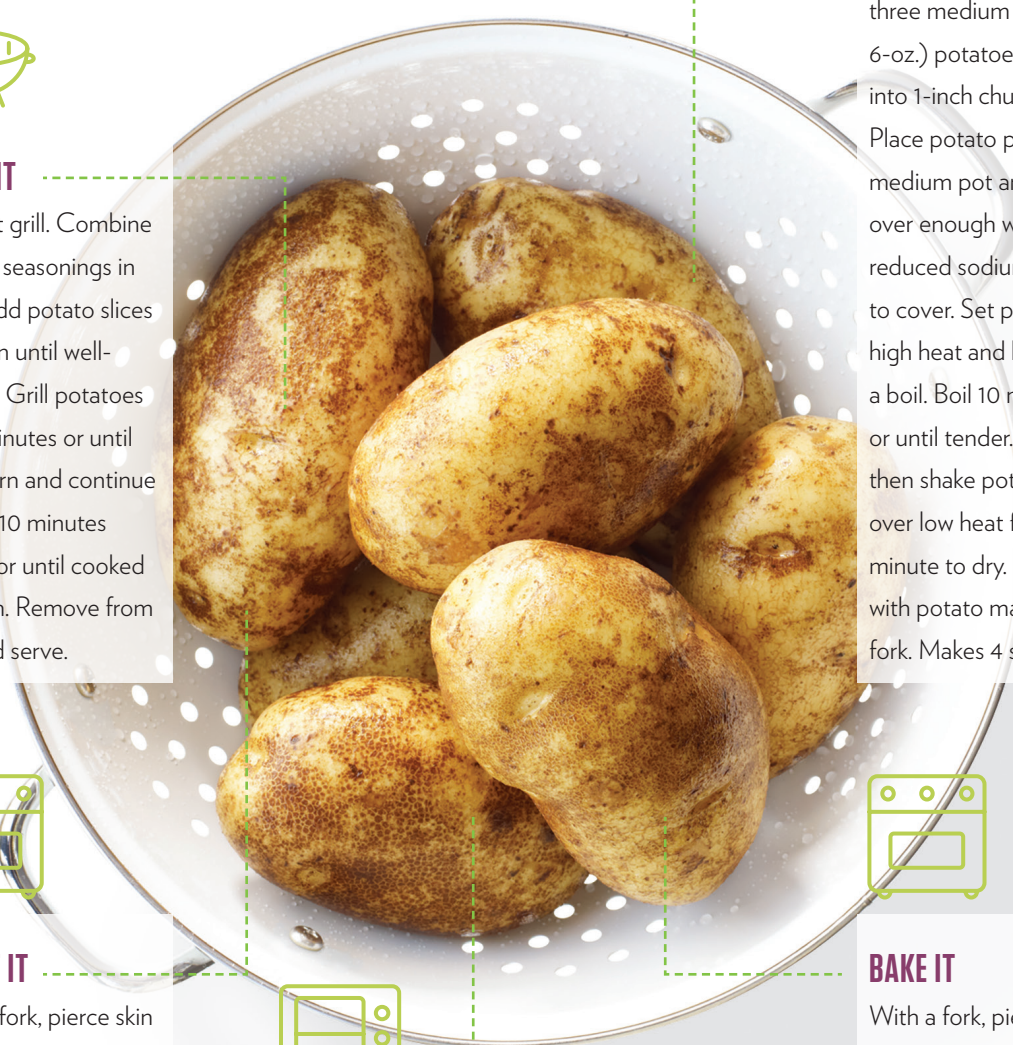
## MICROWAVE IT

That's right! Don't be afraid to use the microwave for speeding up your potato recipes. Not only does it save time, but potatoes preserve the most moisture with this technique. Either par-cook to speed up any of these cooking techniques or cook all the way through for potatoes in minutes.



## BAKE IT

With a fork, pierce skin of four medium (5- to 6-oz.) potatoes in several places. Bake in preheated 400°F oven for 40 to 50 minutes, or until tender when tested with fork. The skin will be crispy and the pulp dry and fluffy. Makes 4 servings.



# RED VELVET POTATO MUFFINS

Created Exclusively for Potatoes USA by: Dawn Jackson Blatner, RDN, CSSD

## MAKES 9 MUFFINS

- 1 cup baked potato, cooled (with skin)
- 1/2 cup sliced cooked beets, cooled (about 1 medium beet)
- 1 banana, peeled
- 3 eggs
- 1/4 cup unsweetened cocoa powder
- 1/4 cup coconut sugar
- 2 tablespoons coconut oil, melted
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Pinch of sea salt

Preheat the oven to 350° F. Put all ingredients into a blender or food processor. Blend until smooth. Line a 12-cup muffin tin with paper liners and evenly pour batter into 9 of the cups. Bake for 20 to 25 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Let the muffins cool completely before eating. Store extras in fridge for up to 5 days or freeze for up to 3 months. Thaw frozen muffins in fridge for a couple of hours before eating.

Per muffin: Calories: 105, Fat: 5 g, Cholesterol: 62 mg, Sodium: 229 mg, Carbohydrates: 14 g, Fiber: 2 g, Potassium: 277 mg, Protein: 3 g, Vitamin C: 7%

"To perform at your best, put potatoes on your plate — or in this case, in a sweet, chocolaty muffin! These make-ahead muffins are a smart way to fuel your body before or after a workout."

—Dawn Jackson Blatner, RDN, CSSD





# SMOKY MAPLE POTATO BITES

Created Exclusively for Potatoes USA by: Katie Cavuto, MS, RD

MAKES 16 SERVINGS (2 BITES PER SERVING)

- 2 pounds russet potatoes, washed and cut into 2-inch cubes
- 1 tablespoon olive oil
- 1 teaspoon sea salt, plus extra as needed
- 3/4 cup diced leeks, white part only (one medium leek)
- 1/2 cup low-fat plain strained yogurt
- 1 1/2 tablespoons mild smoked paprika
- 1 tablespoon chopped fresh oregano
- 3 tablespoons real maple syrup
- 1 teaspoon Dijon mustard
- 3 large eggs, divided
- 1/4 teaspoon fresh ground pepper, plus extra as needed
- 1 1/2 cups panko (regular or gluten free)
- Olive oil cooking spray

Add potatoes to a large pot of water and bring them to a boil. Cook, uncovered at medium-high heat for 15 minutes, or until the potatoes are fork tender. Drain the potatoes and place them in a large bowl. While the potatoes are cooking, heat a large skillet over medium heat. Add the olive oil, leeks and 1/8 teaspoon of the salt. Cook for 4 to 5 minutes, stirring regularly, to soften. Place the cooked leeks in the bowl with the potatoes. Add the yogurt, paprika, oregano, maple syrup, mustard, 1 of the eggs, the pepper, and remaining salt to the bowl with the potatoes and leeks. Mash the potatoes, stirring periodically, until smooth. Place the potato mixture in the refrigerator for 30 minutes. Preheat the oven to 425°F. Crack the remaining 2 eggs in a small bowl and whisk. Add the panko to another small bowl. Season with salt and pepper. Make 2-tablespoon portions of the potato mixture and roll them into balls. Working one at a time, dip the balls into the eggs, then dredge in the panko, pressing it to coat. Place the balls on a baking sheet coating with olive oil cooking spray. Spray the tops of the balls with cooking spray as well. Bake for 15 minutes and then, if needed, broil then for 2 to 3 minutes to brown. Serve immediately.

Per serving (2 bites): Calories: 136, Fat: 3 g, Cholesterol: 35 mg, Sodium: 273 mg, Carbohydrates: 23 g, Fiber: 2 g, Potassium: 386 mg, Protein: 5 g, Vitamin C: 9%

"Whether you're a professional athlete or a yoga novice, you need these Smoky Maple Potato Bites in your life. The crunchy panko crust is the perfect foil to creamy and satisfying potato center. These bites are a perfectly satisfying way to fuel your body and brain throughout the day."

—Katie Cavuto, MS, RD



# SPANISH POTATO FRITTATA

Created Exclusively for Potatoes USA by: Chris Mohr, PhD, RD

## MAKES 3 SERVINGS

- 1 Tablespoon olive oil
- 1 medium potato, diced
- 1/2 white onion, diced
- 6 whole eggs
- 1/4 cup 1% milk
- 1/4 cup chopped fresh parsley
- Salt and pepper, to taste

In a medium skillet, heat the oil over medium heat. Add the potatoes and onion and cook, covered, for 20 to 30 minutes, until softened. In a separate bowl, whisk the eggs with the milk and parsley. Season with salt and pepper. Add the eggs to the potato/onion mixture and use a spatula to release the omelet so it doesn't stick. Cover and cook over medium-low heat, until cooked through without burning the bottom. Broil the top to brown. Remove the frittata to a plate and cut it into wedges to serve.

Per serving: Calories: 265, Fat: 14 g, Cholesterol: 373 mg, Sodium: 209 mg, Carbohydrates: 19 g, Fiber: 2 g, Potassium: 561 mg, Protein: 16 g, Vitamin C: 39%

"This recipe is not only simple to make, but potatoes provide important nutrients like carbohydrate and potassium (among others). Combined with the protein in the eggs, this is a great post workout or any time meal."

—Chris Mohr, PhD, RD



If you can't make  
*Vodka &  
Electricity*  
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Ohio's Best Potato Salad



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