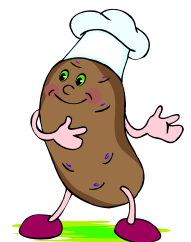




THE HUMBLE SPUD.....

As we approach the winter months the availability of fresh salad vegetables becomes limited, and you may find yourself searching the supermarket shelves for a warm and satisfying replacement. Potatoes have been given a bad rap over the last few years, but before you by-pass the humble spud, consider the following:

- Potatoes contains fibre, B group vitamin C and antioxidants.
- Are low in fat and high in carbohydrates.
- Contain no cholesterol.
- Are filling and satisfying.



The Ministry of Health recommends adult New Zealanders should eat at least 3 servings of vegetables per day, and considers 1 medium sized potato (about 135g) as 1 serving. How you cook, or what you add to your spuds will alter the nutritional value.

Serving Suggestions

- Potato skins contain antioxidants, so they are best eaten unpeeled.
- Microwaving, steaming or baking are suitable cooking methods.
- Spray or drizzle potatoes with oil when baking (avoid fat, butter or deep frying).
- Mashed potatoes are compacted therefore it may seem like you are eating less, when you are actually eating more. Consider your portion size carefully.
- Instead of adding butter or sour cream to potatoes try cottage cheese or natural yoghurt with raw onions, chives or parsley.
- Add potatoes to stews, casseroles and curries.
- Store-bought chips and crisps are usually high in fat, and intake should be limited.
- To make homemade chips spray suitably sliced potatoes with oil, sprinkle lightly with seasoning (e.g. Cajun) and bake in a single layer in a hot oven.