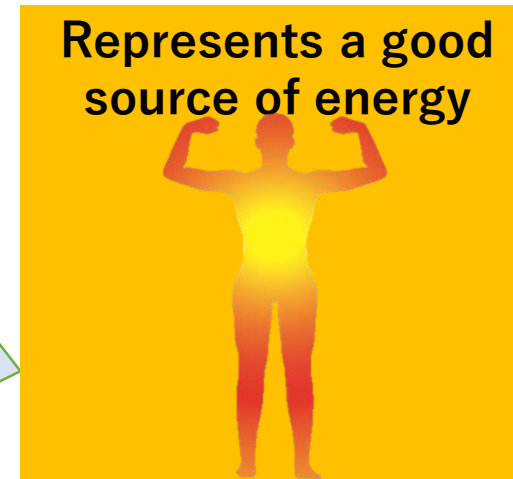
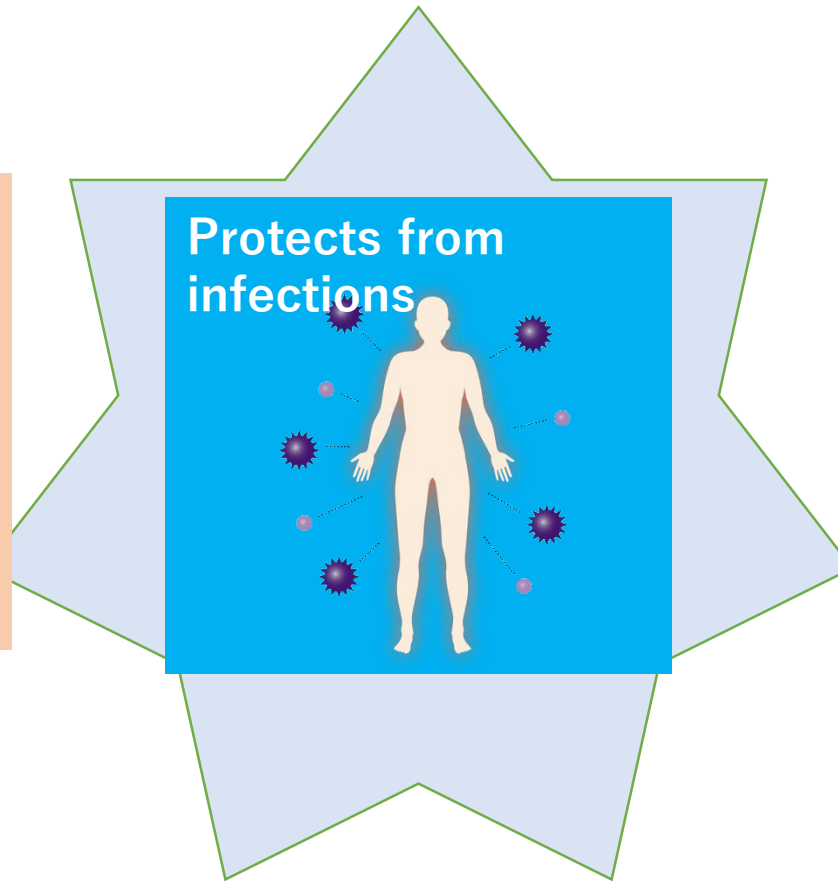
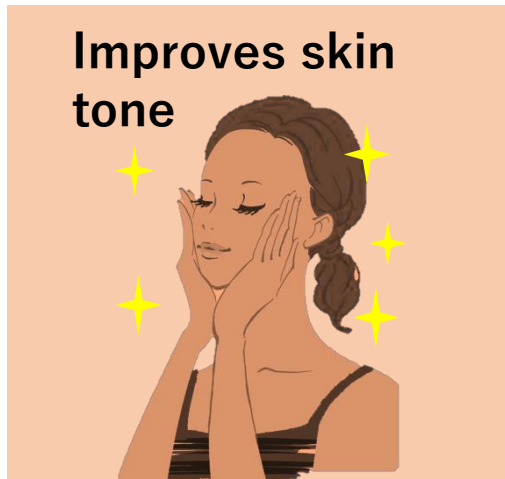


Potato

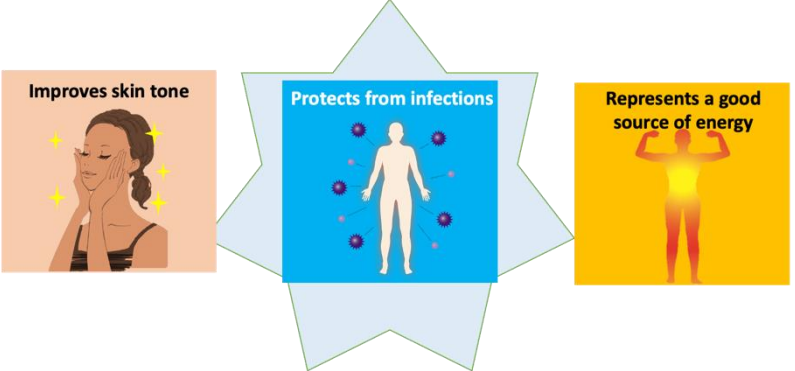



**“Potatoes:
Their vitamin C is not easily destroyed even if heated”**



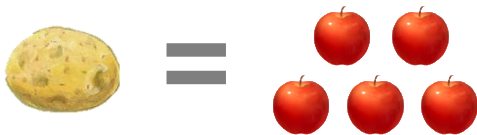
Health effects of potatoes

“Potatoes:
Their vitamin C is not easily destroyed even if heated”



The diagram features a central light blue star shape with three points. Each point contains a square box with an illustration and text. The left point is orange and shows a woman's face with yellow stars around it, labeled 'Improves skin tone'. The middle point is blue and shows a human silhouette with red virus-like particles, labeled 'Protects from infections'. The right point is yellow and shows a glowing human silhouette, labeled 'Represents a good source of energy'.

A potato contains five times more vitamin C than an apple.



Q Why does it protect us from infections?
A It contains a nutrient (vitamin C) that boosts the immune system.

Q Why is it good for the skin?
A It contains a nutrient (vitamin C) that improves skin condition.

Q Why are potatoes a good source of energy?
A They contain a nutrient (starch) that turns into energy.

Tips for cooking and eating potatoes

**Eat
potatoes
with iron-
rich foods**



**Suitable
for
cooking
with heat**

**Important
to eat
with a
variety of
foods**



**Wash
well and
eat with
the skins**



Example

**Be careful
with potato
sprouts and
where the
skins turns
green**

Tips for cooking and eating potatoes

Tips for cooking and eating potatoes


Eat potatoes with iron-rich foods

Suitable for cooking with heat

Important to eat with a variety of foods

Wash well and eat with the skins

Be careful with potato sprouts and where the skins turn green



Example

Potatoes' vitamin C is resistant to heating. It is not easily destroyed even after cooking.

Eat potatoes with iron-rich foods (e.g., meat, spinach) because potatoes help the absorption of iron.

Vitamin C is found near the skins, so wash them well and cook the skin to get the most nutrients.

Be careful with potato sprouts and where the skin turns green. They contain a toxin called solanine, which causes poisoning.

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).