



Eat Potatoes

Potatoes are not bad for you. On the contrary if prepared in a healthy manner they are very nutritious. They are high in potassium, magnesium, iron, copper, and manganese. They also contain vitamin C and most B vitamins. They contain a little bit of almost every nutrient you need. There are accounts of people living on nothing but potatoes for a long time. What people do not realize is that potatoes are also one of the most filling foods. When researchers compared the satiety values of different foods, boiled potatoes scored higher than any other food measured. If you allow potatoes to cool after cooking, they also form **resistant starch**, a fiber-like substance with many powerful health benefits according to [healthline.com](https://www.healthline.com) (article). Sweet potatoes are loaded with nutrients and some consider it a superfood.

Potatoes are good for you as long as you prepare them in a healthy manner.

- Boiled and baked potatoes good.
- French fries and potato chips are not.

Eat the Skin, Skip the Toppings

Potatoes are a good source of vitamins, minerals and fiber, and some protein especially if you eat the skin.

One medium plain potato has about **150 calories**. Avoid high-calorie and high-fat toppings like butter, sour cream or gravy that may add a lot more calories and unhealthy fats. Try Light Olivio or ICBIN Butter Spreads. Sweet Potatoes are loaded and some consider it a superfood.

French Fries Are Not Healthy - For Several Reasons

Besides having extra fat added to them, potatoes that are fried as chips or French fries may contain **acrylamide**. This is a toxic substance that forms in starchy foods when they are processed or cooked at high temperatures. Acrylamide has been shown to cause cancer in lab animals, but we don't know exactly what levels of acrylamide exposures are dangerous for humans.