



# Are Potatoes Good or Bad?

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Potatoes have been so demonized! They have become one of the 'white foods' that need to be banished if you ever want to lose weight!





But many people find that potato is a 'comfort food', whether it be a pile of mashed potatoes with butter, or a plate of hot chips or fries.

# The Environmental Working Group's 2018 Dirty Dozen List

The Top Fruits And Veggies That Have The Most Pesticides



1. Strawberries



2. Spinach



3. Nectarines



4. Apples



5. Grapes



6. Peaches



7. Cherries



8. Pears



9. Tomatoes



10. Celery



11. Potatoes



12. Sweet bell peppers



**Strawberries, spinach, and nectarines** were the worst offenders for the second year in a row

**22**

A single sample of strawberries showed 22 different pesticides.

**97%**

97 percent of spinach samples contained pesticide residues.

Did you know that potatoes feature in the EWG's Dirty Dozen?

This means they have been found to contain some of the highest amounts of pesticide residues of all fruits and vegetables.

AlgaëCal

Source: <https://www.ewg.org>

Image: [algaecal.com](http://algaecal.com)

So, should we cut them out of our diet because of this?

Potatoes are very filling. A small amount of potato 'hits the sides' and helps us to feel full, so therefore we stop eating because we are satisfied.

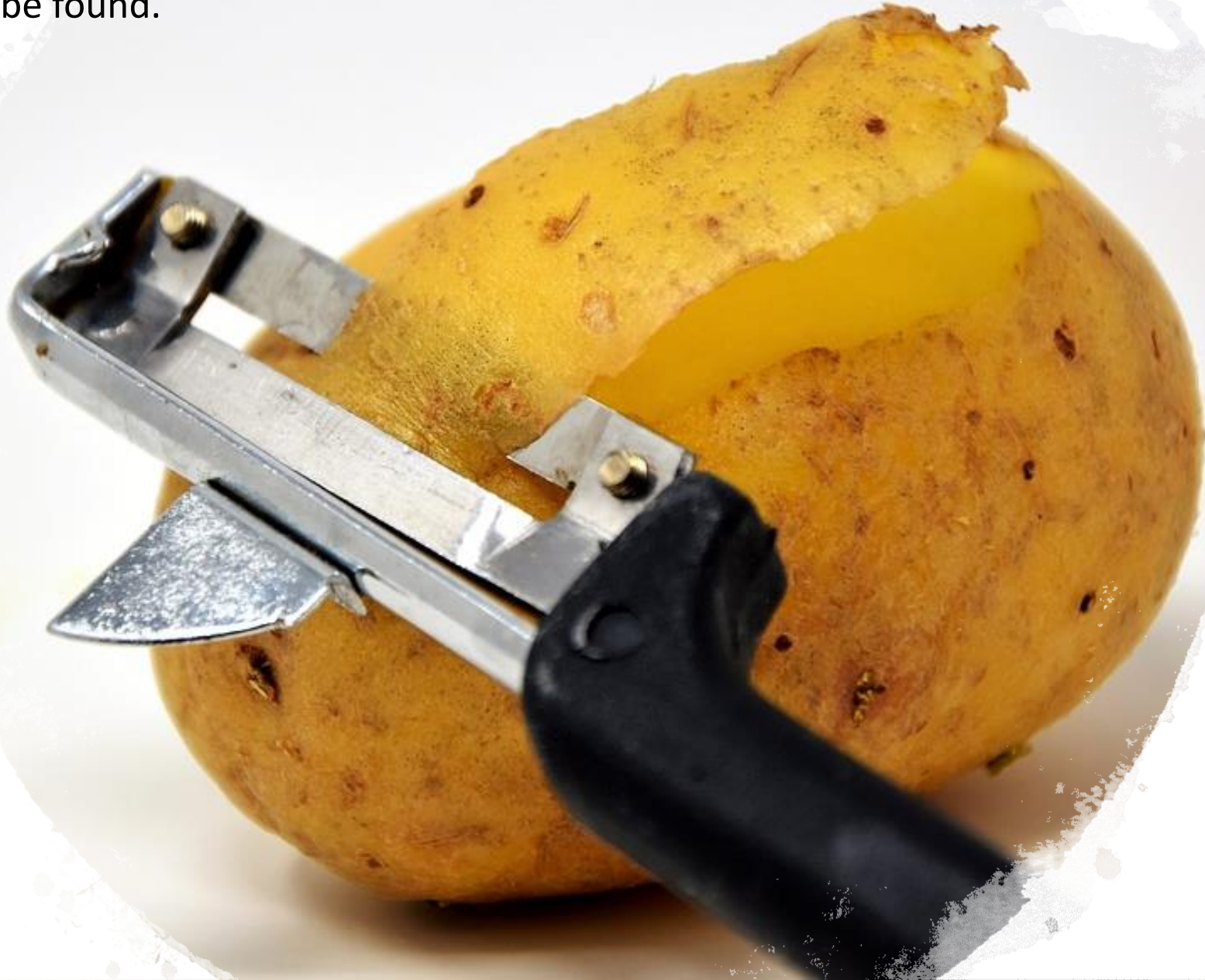


They also contain good vitamins and minerals which our body requires.

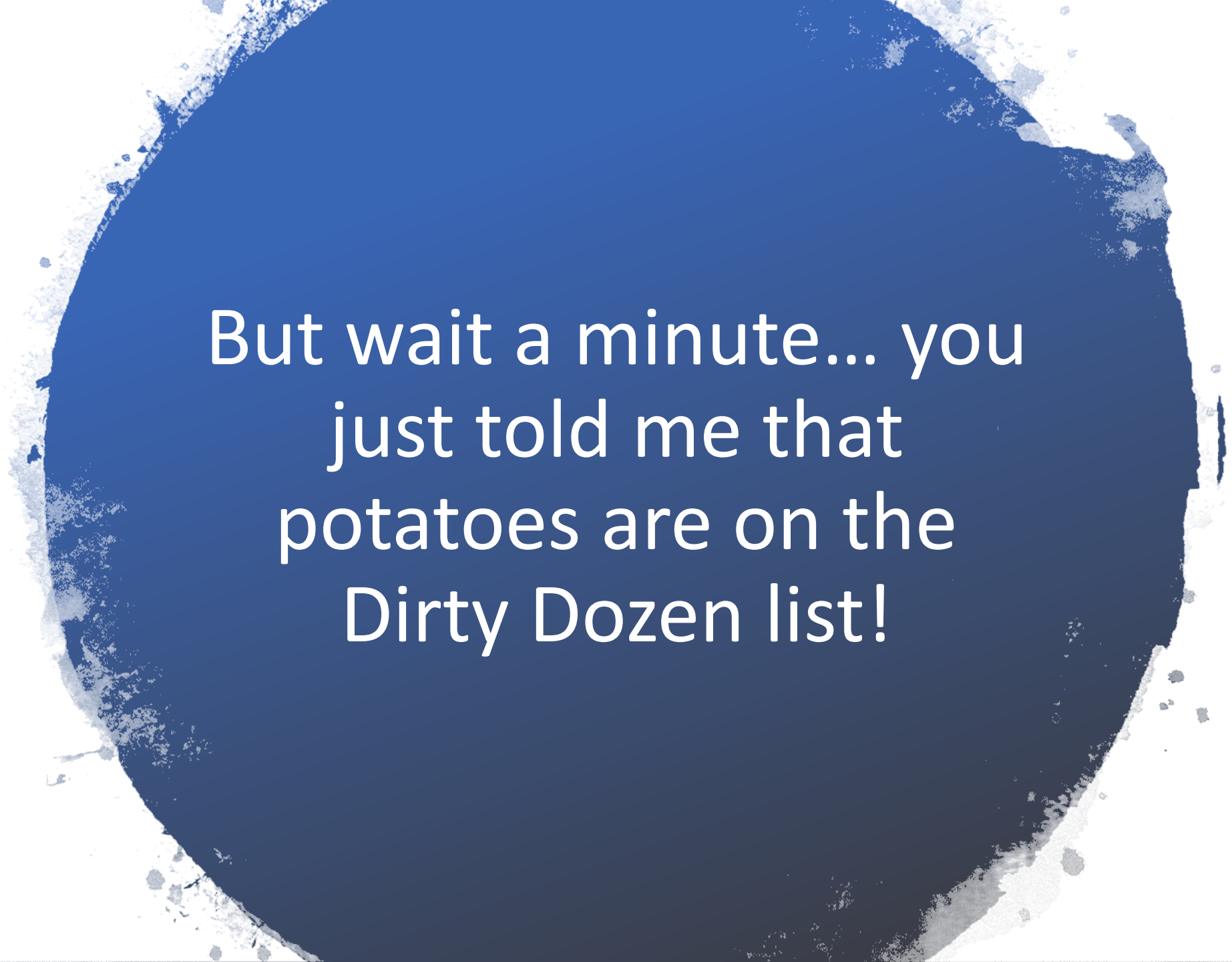
Potatoes are high in fibre but low in calories! Did you know that?

Where's the best part of the potato? In the part that is usually peeled off – the skin! This is where the most nutrients can be found.

These nutrients are what helps to calm gastric acidity and even ulcers within the stomach or duodenum (part of the digestive system).



Potatoes can help to protect against diseases such as cancer or cardiovascular disease.



But wait a minute... you  
just told me that  
potatoes are on the  
Dirty Dozen list!





Yes, so the trick with all this is that you need to source organic produce.

True organic foods do not contain all the nasty toxic pesticides that those grown conventionally do.



By the way...

*This looks like a Sweet Potato.*

*Do you know they are not potatoes, but a yam?*

*Cooked and cooled, they also contain resistant starch.*

Do you know that they spray them with anti-sprouting chemicals which of-course stops them sprouting. Organic potatoes, if left long enough, will sprout. But that's a good opportunity for you to save them and pop them into your veggie garden to grow your own.



If organic potatoes happen to cost a little more, then counteract it by eating less!

Spread them out over the week or fortnight until your next shop.

In fact, I would suggest you don't eat them every day. Once or twice a week is most probably sufficient.

No more than say... three times per week.

It's best to do this with all foods so you consume a vast variety over the period of a week.



Potato makes a wonderful prebiotic food. Cook it. Cool it in the fridge. It has now been changed into a resistant starch and makes potato salad your friend indeed. 😊