Q: Are white vegetables less nutritious than those with bright colors?
A: No. Vegetables of every color provide important nutrients to the diets of Americans.

FACTS

• The USDA’s Dietary Guidelines recommend that Americans eat a variety of vegetables from all vegetable subgroups, including dark green, red and orange, legumes (beans and peas) and starchy (including potatoes).

• White vegetables provide key nutrients lacking in the diets of many Americans, and can help increase overall vegetable consumption.

• Color does not necessarily predict the nutritional value of a vegetable. White vegetables, including nutrient-dense potatoes, contribute important amounts of essential shortfall nutrients to the American diet across all age groups.
  • This includes potassium—a nutrient essential to healthy blood pressure, of which only 2-3% of American adults consume the recommended daily amount.

• A study examining the contribution of white vegetables to nutrient intakes found that white potatoes were positively associated with higher dietary fiber intakes among both children and adults.
  • Specifically, the results indicated that more than 20% of dietary fiber intake was provided by white potatoes for 6 out of 8 age groups for male potato consumers, and >16% of dietary fiber intake was provided by white potatoes for 6 out of 8 age groups for female potato consumers.

• A medium-sized (5.3 ounce) potato with skin-on provides 26 grams of carbohydrates, 620 mg of potassium, 27 mg of vitamin C, 2 grams of fiber, 3 grams of protein, and is fat, sodium and cholesterol-free.

REFERENCES