



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: POTATOES

The Food As Therapy (FAT) Experience: Potatoes



Tuber Tales

The humble spud is in the spotlight this week on Code Delicious with Dr. Mike. I am joined by James Beard award winning Chef Raghavan Iyer as we prattle all things pratie.

As the world's fourth largest crop, there is clearly a demand for-some may even say a love affair with- the simple potato. Although almost half of all the potatoes grown are destined to become French fries or chips, there is so much more that

the potato has to offer beyond a dunk in the deep fryer.

The potato is a new world food; it is indigenous to the Americas and as a member of the nightshade family it is related to eggplant, peppers, and tomatoes.

Evidence of cultivation can be traced back at least over 12,000 years ago. These "earth apples" (the French word for potatoes, *pomme de terre*, literally translates as earth apple) were a staple that sustained the Incan Empire.



Check out Culinary CPR with Dr. Mike and Chef Luca Paris on next week's Code Delicious with Dr. Mike.

Potatoes are a natural source of many vitamins, minerals, phytochemicals, and fiber. They are particularly rich in vitamin C, vitamin B₆, niacin (Vitamin B₃), pantothenic acid,

potassium, copper, phosphorus, and manganese.

Potatoes also contain several powerful antioxidants that include carotenoids, flavonoids, and caffeic acid. Potatoes also offer unique tuber storage proteins, such as patatin; which function like antioxidants. Potatoes also contain compounds called kukoamines.

These compounds are also found in *Lycium chinense*, an exotic herbal plant whose bark is used in Chinese herbal medicine. Kukoamines act to help reduce blood pressure.

Also, remember that much of the healthful fiber that potatoes provide is located in the skins. Despite all these benefits, the white potato has been labeled as a food to avoid. Much of the epidemiologic research results are of inconsistent. The results more likely reflect the changes of a "Western" dietary pattern, chips and fries, than an inherent negative consequence of potato consumption

Continued page 2.

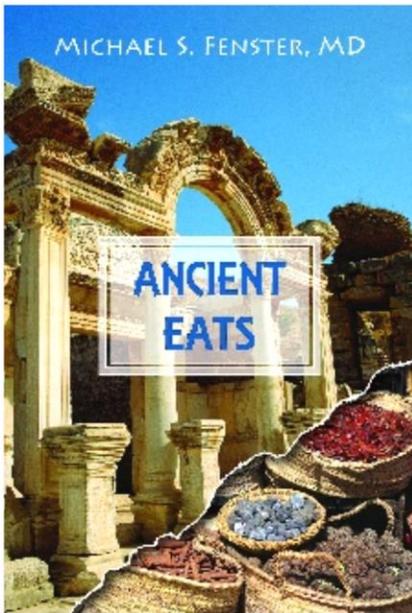
IT'S A CODE DELICIOUS!



This week on Code Delicious with Dr Mike: Chef Raghavan Iyer dishes up some stud spuds



(Potatoes continued from page 1)



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#)



Technically, potatoes are tubers, not root vegetables. Root vegetables are enlarged roots, like carrots and beets. Tubers serve as storage vessels and as a means to propagate new plants. Plants form tubers on both their roots and their stems. Stem tubers contain stem cells that allow plants to reproduce by forming new stems and leaves. This makes tubers higher in starch and complex carbohydrates than root vegetables. And yes Virginia, they are also gluten-free.

Know Your Tatties!

The Starchies (baking, roasting, frying, mashing): Russet, Yukon Gold, Purple Creamer, Yellow Finn, Kennebec, Onaway, Shepody, Maris Piper, and King Edward.

The Waxy (salads, stews, and roasts-these do not fall apart): Carola, Russian Banana, Amarosa, Peruvian Purple, Nordonna, and Pink Fir Apple.

These are but a few of the more popular varieties. There are well over 100 different types of potatoes available, including many heirlooms. Regardless of the type you choose, look for organic when available. As a tuber, many potatoes will accumulate the compounds in their immediate environment. Potatoes remain in the top 15 of the "dirty dozen" pesticide laden produce ([ewg.org dirty dozen of produce](#))

HEALTHY BYTES BY THE NUMBERS

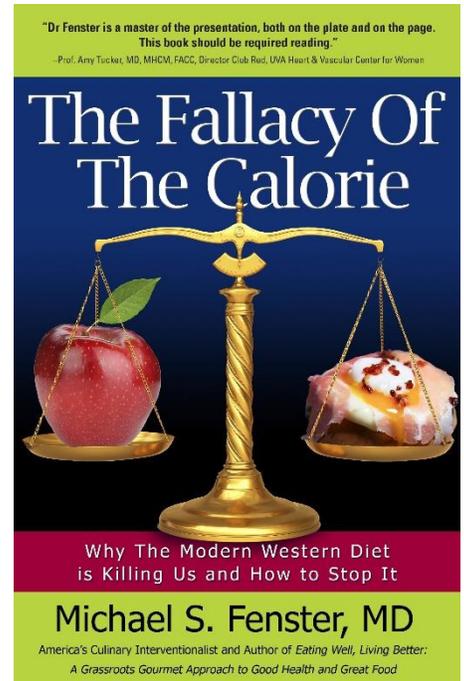
30%

Potatoes have 30% more fiber than a comparable serving of whole grain cereal.

10%

Daily intake of vitamin C provided by potatoes according to the 10-country European Prospective Investigation Into Cancer and Nutrition Study

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at Amazon.com.