

Benefits of Potatoes

	Potato ⁱ	Sweet Potato ⁱⁱ	Broccoli ⁱⁱⁱ
Fiber	3.8g	4g	5.2g
calories	161	103	54
Cholesterol	0mg	0mg	0mg
Saturated Fat	0mg	0mg	0mg
% of RDA of Vitamin A	0	438%	48%
% of RDA of Vitamin C	28%	37%	168%
Tryptophan^{iv}	.8	.8	3.8
Lysine^v	4.1	2.6	16.5
Toxin: Methionine^{vi}	50	41	Not available
Dietary acid^{vii}	-5	-9	Not available
Protein^{viii}	8	7	Not available
Other benefits	High in copper, B6, iron (10% of RDA) and potassium ^{ix}	High in Manganese, copper, B6, iron (4% of RDA) and potassium ^x	High in carotenoid ^{xi} and detoxification components and kaempferol ^{xii}

ⁱ Data is for 1 medium, skin on, cooked (2 ¼"-3 ¼" diameter)

ⁱⁱ Data is for 1 medium, skin on, cooked

ⁱⁱⁱ Data for 1 cup chopped unless otherwise indicated. 6% of RDA of iron.

^{iv} Per The Starch Solution, Dr. Rose identified minimum required levels for each of the 8 essential amino acids. This is one of the 8 and is in g/day. Tryptophay is .25g/day.

^v Per The Starch Solution, Dr. Rose identified minimum required levels for each of the 8 essential amino acids. This is one of the 8 and is in g/day. Lysine is .8g/day.

^{vi} Expressed as mg per 100 calories. Per The Starch Solution: When we take in the sulfur-containing amino acid methionine by eating animal foods, we metabolize it into another amino acid, homocystine, which is a known risk

factor for heart attack, stroke, arterial diseases of the legs, blood clots in the veins, dementia, Alzheimer's disease, and depression. Beef has 268g/100 cal, chicken has 335 g.

^{vii} Dietary acid is renal acid load per 100 calories (a negative number means the food is alkaline). The more acidic the worse for the body. Beef is 6.3; chicken 7.0; eggs 8.2.

^{viii} Expressed as a percentage of total calories.

^{ix} In a 100-gram portion, the white potato has 92 calories, 2.3 grams of dietary fiber, 2.3 g of protein and 17% of the recommended daily value of vitamin C. The same amount of sweet potato has 90 calories, 3 grams of fiber, 2 grams of protein, 35% of the recommended daily value of vitamin C and 380% of the daily recommended value of vitamin A.

^x Manganese-.44mg per ½ c mashed sweet potato or 0.52 mg for 1 small sweet potato which is 26% of the daily allowance. Manganese helps maintain normal blood sugar levels and optimal thyroid function and is important in bone development and wound healing. 1 small sweet potato has 0.25 mg of B6, 306.05 mg potassium and 1.46 mg iron. Sweet potatoes are high in antioxidant activity compared to other vegetables. Antioxidants help reduce your risk of chronic diseases such as cancer and cardio vascular disease. Sweet potatoes are high in pro-vitamin E, anthocyanins and sporamins. Anthocyanins have been shown to decrease weight gain from high-fat diets in pre-clinical studies in animals, and sporamins may have anti-carcinogenic properties.

^{xi} When carotenoid intakes were ranked, those individuals who consumed the most had 43% less disease than those who consumed the least. . . . associated with lower rates of macular degeneration (broccoli, carrots, spinach or collard greens, winter squash and sweet potato). There was 88% less disease for people who ate these greens five or more times per week when compared with people who consumed these greens less than once per month. T. Colin Campbell, PhD, The China Study (Dallas: BenBella, 2006), 215.

^{xii} Broccoli contains an unusual combination of three phytonutrients, glucoraphanin, gluconasturtiin, and glucobrassicin. Together these nutrients have a strong impact on our body's detoxification system. Broccoli is a particularly rich source of a flavonoid called kaempferol, which helps to battle allergies and inflammation. Broccoli contains vitamins A and K, which help to keep the metabolism of vitamin D in balance. Broccoli improves eye health due to high concentrations of two carotenoids in it—lutein and zeaxanthin—which play an important role in the health of the eye.