

Potatoes in a crisis

Potatoes provide not just fiber, **protein**, antioxidants, vitamins and minerals in a cholesterol and essentially fat free, easy to store and cook form, it provides satiety!

Satiety is the feeling we get to indicate we are “full” and do not need to eat more. Potatoes rate really high in the food satiety index!ⁱ This means you need **FEWER calories** to feel full than other foods which helps people lose or maintain weight if those calories come from a potato.

Dr. John McDougall and his ardent followers know this well and Dr. McDougall has written prolifically on the topic for those who want to dig into it.ⁱⁱ It forms, in fact, the basis for his whole foods, plant based/health based weight loss program-The Starch Solution.ⁱⁱⁱ

So a food that stores well AND can help people feel full and not gain weight when their normal routine is interrupted is an ideal food to purchase in bulk before a crisis like a blizzard or hurricane. This is especially true since potatoes are **very inexpensive** so are ideal when money is tight.

The USDA recommends that consumers store potatoes in a cool (45 to 50 F.), dark place, with good ventilation. DO NOT wash any produce before storing them as the moisture will accelerate decay. Potatoes stored at 70 to 80 °F. should be used within a week. The higher temperature often causes sprouting and shriveling.^{iv}

If stored properly, general and baking potatoes will store well for several months. “New” potatoes will store for several weeks.^v

Since potatoes do not require refrigeration, they can be bought in bulk before a crisis and used not just as a side dish, but as the key ingredient of a main dish.

Sample main dishes include: Jamaican 3 Potato Curry^{vi} or Potato Cauliflower Curry^{vii} or

Sample side dishes include: Hash browns^{viii} or stuffed baked potatoes^{ix} or Tex Mex Potatoes^x or Potato Lasagna!^{xi}

In fact, left over mashed potatoes are perfect a few days later as a healthy Shephard’s Pie that requires no refrigerated ingredients if canned or fresh versions of foods are used!^{xii} Or how about a hash brown omelet!^{xiii}

ⁱ <http://www.mendoza.com/satiety.htm>

ⁱⁱ <https://www.drmcDougall.com/misc/2002nl/apr/potatoes.htm>

ⁱⁱⁱ <https://www.drmcDougall.com/health/education/videos/free-electures/the-starch-solution/>

^{iv} <https://naldc.nal.usda.gov/download/IND20408834/PDF>

^v <https://naldc.nal.usda.gov/download/IND20408834/PDF>

^{vi} <https://www.drmcDougall.com/misc/2004nl/040200purecipes.htm>

^{vii} <https://www.vegan-magazine.com/2018/03/17/dr-mcdougalls-potato-cauliflower-curry-recipe/>

^{viii} <https://www.drmcDougall.com/misc/2007nl/mar/recipes.htm>

^{ix} <https://www.drmcDougall.com/misc/2005nl/november/051100recipes.htm>

^x <https://www.drmcDougall.com/misc/2005nl/050200purecipes.htm>

^{xi} <http://www.nealhendrickson.com/mcdougall020400purecipe.htm>

^{xii} <http://www.nealhendrickson.com/mcdougall020400purecipe.htm>

^{xiii} <https://cookingwithmaryplantbased.weebly.com/the-potato-diet.html>