

Mayo Clinic Minute:

Rooting for potatoes

Video	Audio
	Potatoes often get a bad rap for being unhealthy. But if prepared the right way, these root vegetables can actually be a great source of vitamins and nutrients, ...
Angie Murad Dietitian Mayo Clinic	"... especially if you leave the skin on. They provide additional fiber, which is a great benefit because it can help you feel satisfied longer. And that's a great benefit if you're trying to lose weight."
	Angie Murad is a wellness dietitian with the Mayo Clinic Healthy Living Program. She says sweet potatoes and yams are especially high in antioxidants.
	"They would have vitamin A in them, which is a great antioxidant which may help prevent chronic diseases."
	Potatoes and yams are versatile vegetables that can be prepared in a variety of ways.
	"Both can be used as a great option for a starchy vegetable, so they can replace things like pasta or rice, or different types of grains."
	Plain potatoes are naturally fat- and cholesterol-free. Preparing them with butter or sour cream will significantly boost calories, fat and sodium. For the Mayo Clinic News Network, I'm Vivien Williams.