# POTATOES AND WEIGHT LOSS

✓ FACT CHECK

*Certified — Grown in Idaho — 100% Idaho Potatoes*

**Q.** IF I AM TRYING TO LOSE WEIGHT, DO I NEED TO AVOID IDAHO® POTATOES?

**A.** No. Research demonstrates that people can eat Idaho® potatoes and still lose weight.

## FACTS

There is no evidence that Idaho® potatoes, when prepared in a healthful manner, impede weight loss.

- In fact, a study published in the Journal of the American College of Nutrition demonstrates that people can eat potatoes and still lose weight.[1]

The study, a collaborative effort between the University of California at Davis and the Illinois Institute of Technology, sought to gain a better understanding of the role of calorie reduction and the glycemic index (GI) in weight loss when potatoes are included in the diet. Ninety overweight men and women were randomly assigned to one of three groups:

1. Reduced calorie/high GI
2. Reduced calorie/low GI
3. Control group with no calorie or GI restrictions

All three groups were provided potatoes along with healthful recipes and instructions to consume 5-7 servings of potatoes per week. All 90 participants were involved in light to moderate exercise. At the end of the 12-week study period, the researchers found that all three groups had lost weight and there was no significant difference in weight loss between the groups.

> STUDY SHOWS YOU CAN EAT IDAHO® POTATOES AND STILL LOSE WEIGHT.





## REFERENCES

1. Randolph JM, Edirisinghe I, Msoni AM, Kappadoda T, Burton-Freeman B. "Potatoes, Glycemic Index, and Weight Loss in Free-Living Individuals: Practical Implications." J Am Coll Nutr. 2014. 33:5, 375-384, DOI: 10.1080/07315724.2013.875441

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