



MEDIA RELEASE

20 MARCH 2020

#Potatoes4Health - mashing up some fresh goodness for Australians

With COVID-19 currently dominating social and political discussions around domestic and international travel, as well as what to do with large events, our supermarket shelves are also being emptied of staples such as toilet paper, rice and pasta.

Ms Robbie Davis, Chief Executive Officer of Potatoes South Australia, the industry body representing potatoes in South Australia, wants to remind all Australians to stock up on nutritious potatoes.

“Now more than ever, we need to make sure we’re filling our bodies with plenty of goodness, and the brilliant potato can do just that, she says.

“I want to give a shout-out to our wonderful potatoes, which are not only an extremely cost-effective way to feed your family, but they also provide more nutrition than you probably realised.

“Naturally, potatoes are salt-free, fat-free and low in sugar.

“Potatoes have 25% less carbohydrates than pasta, and 50% less than rice.

“Potatoes have 20% more fibre than pasta and more than double the fibre of rice.

“Potatoes contain 30% of your average daily intake of Vitamin C, whereas rice and pasta have none at all.

“In terms of potassium, potatoes provide 25% of the recommended daily intake.

“Historically, potatoes have played an important role in nourishing populations during times of difficulty, don’t forget them now.

“I recommend Australians get to their local produce retailer and stock up on potatoes.”

END

Potatoes South Australia is the peak representative body for the potato industry, which is the state and nation’s largest horticultural sector.

For further information, please contact Ms Robbie Davis, Chief Executive Officer, Potatoes SA:

Mobile: +61 427 084 319 | robbiedavis@potatoessa.com.au