

Mondstuk van die Suid-Afrikaanse aartappelbedryf • Mouthpiece of the South African potato industry

CHIPS

VOL 35 NO 05 • NOVEMBER / DECEMBER 2021

**CERES/KOUE BOKKEVELD-
KULTIVARPROEF ONDER BESPROEING:
DONKERBOS 2020/2021**

**EMPANGENI INFORMATION DAY
A SPUD-TACULAR
LEARNING EXPERIENCE**

**Die GeoFarmer-platform
maak monitering maklik**

**Stuit Alfalfa-mosaïekvirus
in sy spore**

**Potato product exports:
A twelve-month snapshot**

Heart-healthy habits with potatoes

By Claire Julsing Strydom, registered dietitian, and Immaculate Zinde, contributor (Photographs by Rikki Hibbert)



Wouldn't it be convenient if only a few foods were needed to eat your way to a perfectly healthy heart? Unfortunately, optimal nutrition is not that simple and there is no 'magic food' to ensure perfect health.

What we do know is that when we provide the body with nutrients

found in a wide variety of foods, they work together to support optimal functioning of all the organs and complex systems. So, let's focus on the five food categories that will boost your heart health.

Splendid veggies

It's no surprise that vegetables top the list. We've been taught from a young age that veggies are vital for good health, but how do they support heart health?

Vegetables are rich in natural compounds called phytonutrients, which are not only anti-inflammatory, but also prevent damage to the cells in your body. Over 4 000 different phytonutrients have been identified. The different colours of vegetables indicate the different phytonutrients they contain. For example, pink- or red-coloured veggies, such as tomatoes or beetroot, are rich in lycopene, which protects against heart disease. Potatoes, on the other hand, are rich in protective phytonutrients called carotenoids and flavonoids, and have shown to reduce the risk of certain diseases.

Moreover, vegetables provide a rich source of essential vitamins and minerals. Magnesium has shown to help maintain a stable heart rhythm and muscle contraction, while zinc acts as an antioxidant which enhances heart health. Did you know that potatoes contain vitamin B6, niacin, folate, copper, iodine, iron, phosphorous, manganese, magnesium, zinc, and calcium?

The bottom line is that by eating a kaleidoscope of veggies every

day, we can power our hearts with phytonutrients.

Fantastic fibre

It is said that South Africans do not consume enough fibre to meet the recommended intake. Fibre plays an important role in the digestive tract and research has shown that it positively influences both blood sugar and lipid levels. Diets that are high in fibre also contribute to more optimal weight management. In this way, filling up on fibre protects your heart.

So, what are some high-fibre foods? Legumes, oats, and wholegrains such as barley and brown rice, and naturally, fruit and vegetables. A medium-sized potato (180 g) contains almost 3 g fibre, which is about 10% of the recommended daily intake. Don't forget to love the skin they're in – removing the skins from your potatoes more or less halves their fibre content.

Phenomenal fruit

Research shows that your body requires all essential vitamins and minerals to ward off illness. It is therefore vital that you eat a variety of foods to nourish your body with the right quantity of vitamins and minerals, from A to Z.

As with vegetables, there are no specific fruits that you should or should not eat. They all offer valuable nutrients that can help to protect your health and keep your heart in shape. The same rule applies – stick to the colours of the rainbow.



One of the major benefits of potatoes is their versatility when it comes to preparation and cooking methods.



A lot of the fibre in a potato is locked up in its skin. A medium-sized potato contains almost 3 g of fibre, which is about 10% of the recommended daily intake.

Remember, however, that fruit is rich in natural sugars, so portion control is important. Enjoy 100 to 250 g of fruit per serving, which is about the size of your fist. The sugar found in fruit is trapped in a fibre matrix which helps to release the sugars into your blood more gradually over time and can be enjoyed as part of a healthy diet.

Pick your proteins


When choosing protein-rich foods to protect your heart, replace high-fat meat with more heart-healthy proteins such as fish, beans, lean chicken (breast meat without skin), and low-fat dairy. These protein sources can help to keep your cholesterol stable, and to maintain optimal blood pressure and a healthy weight.

Don't forget about fats

It is easy to think that a low-fat diet is best for heart health, but did you know fat is actually good for your

heart? The trick is to focus on the right types of fat.

Monounsaturated and polyunsaturated fats help to lower cholesterol and reduce the risk of heart disease and strokes. Monounsaturated fats are found in avocados, olives and olive oil, canola oil, and nuts, while polyunsaturated fats are found in fatty fish (sardines, pilchards, trout, salmon, and mackerel) and seeds.

Saturated fats found in butter, cream, coconut oil, and animal fats can increase cholesterol and work against optimal functioning of the heart. In short, 'no fat' is not the answer, but fats that provide the right fuel for your heart are! 

For references and more information on Potatoes SA's marketing projects, send an email to Immaculate Zinde at immaculate@potatoes.co.za

FEEL THE POWER OF THE OCEAN

AFRIKELP™ BIOSTIMULANTS
promoting growth, yield and quality.

Where the water meets the land ... there lies an ocean of benefits.

A28452



Have you harnessed the power of nature?
Speak to us to find out more:
+27 21 551 3556
www.afrikelp.com



Elim is an exclusive distributor of **Afrikelp** products. Contact your sales representative at
+27 12 252 4455