



Potatoes and Their role in human nutrients

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Abstract

Potatoes have been a staple of diets around the world for countries. their hardiness and nutrient density make them an invaluable crop. Potatoes provide key nutrient in the diet, including vitamins c and, potassium fiber despite their nutrient density. Potato is a semi-degradable vegetable crop. It is cultivated in Rabi season or autumn. Its yield potential is more than all other crops in terms of time, hence it is also called a famine-resistant crop. Each of its tubers is a storehouse of nutrients, which nourishes the body from children to old people.

Keywords: Potatoes, vitamin c, Potato nutrition, Weight gain, Potassium

Introduction

Potatoes cultivation was started by the Portuguese in the 17 century, which is believed to have been sown by the British in north India. Potato is one of main commercial crop grown in India. It is cultivated in 24 states in India. Potato is known as to be the third largest food crop in the world. If we talk about America is considered to be the best food crop of America than a billion people worldwide eat potatoes and global total crop production exceeds 280 million metric tons. Tomato can be grown by vegetative propagation meaning it can be said that anew potato or plant can be prepared from potato or piece which can produce 15 to 20 crops from potato piece.

If we talk about indigenous 4,000 varieties of potatoes and there are more then 180 wild potato species The hardiness of potatoes make it possible for them to grow them in all type of tropical condition up to a height potato crop can be grown in all types of environmental condition up to 4500 meters above sea level. potato is also an efficient crop one hectare of potato can produce two to four time the food grain yield.

Roots of potato

The tuber-root system of potatoes can be divided into roots, main stem, and tubers according to the geometric structure. The roots include seminal roots, creeping roots, and

creeping stems. Inca Indians first cultivated it around 200 BC. the potatoes historical roots can be found in the Peru. Potatoes didn't make their way into Europe until the early 1500s when Spanish conquistadors began carrying potatoes from South America back to their homeland aboard their ships. The Spanish sailors appreciated the "tartuffos" (as they were then called) for the protection they offered from scurvy (later found to be due to their ascorbic acid content) (Potatoes USA).

Potatoes were slow to gain popularity in the New World Colonies and the rest of Europe only due to their reputation as a food for the poor but their botanical relationship to a variety of poisonous plant in the *nightshade* family.

You know Potato, I know Solanaceae: The potato belongs to the botanical family of solanaceae. Along with potatoes other vegetable are also included in the solanaceae family such as tomatoes, brinjal, chilles etc. Potatoes varieties are traditionally classified according to their size and shape. these include round white long, white round, white yellow round, red and blue being and russet are wide spread in tables etc. the russet Burbank is the most commonly grown and eaten potato, although there are estimated to be over 3500 distinct potato varieties although only 120 regularly grown. (Potatoes USA; IPC and NPC 2016).

Potato Nutrition

Potatoes contain abundant amounts of fiber, zinc, iron and calcium. Not only this, it also contains abundant amounts of potassium, phosphorus, B-complex, vitamin C which are considered very beneficial for your health. Digestion can be improved by consuming potatoes. Not only this, it is also helpful in strengthening bones.

Many types of nutrients required by the body can be easily obtained from one medium-sized potato (173 grams). From this, 161 calories, protein (4.3 grams), carbs (36.6 grams), fiber (3.8 grams) and essential nutrients for the body like Vitamin C, Vitamin B6, Potassium and Manganese can be easily obtained.

Macronutrients

Macronutrients are essential nutrients that are needed in large quantities; That's why they are also called 'macros'. Metabolism of macronutrients during digestion releases energy which is used by the body to carry out daily activities. Macronutrients are also needed in abundance to maintain body composition and systems.

Macronutrients are the nutrients that your body needs in large amounts, which include fat, carbohydrates, and protein. They're the nutrients that give you energy and are often called "macros". Macronutrients contain the components of food that your body needs to maintain its systems and structures.

Micronutrients

Nutrient which are required in small quantities can also be called micronutrients. Micronutrients are vitamins and minerals needed by the body in very small amounts. However, their impact on a body's health are critical, and deficiency in any of them can cause severe and even life-threatening conditions. Potatoes contain a variety of essential vitamins and minerals most notably vitamins C and B6 and the minerals potassium, magnesium, and iron.

Use of potatoes is beneficial in diabetes

A resistant starch is found in potatoes which is very important for keeping human healthy. it is used in diabetes. Potato is a commonly found vegetable in every household, which is easily available in every house in India. Potato is used extensively for health and to improve diabetes.

Potato a Anti oxidant

Antioxidants can prevent or slow cell damage caused by free radicals, which are unstable molecules that the body produces in response to environmental and other stresses. Free radicals can increase the risk of inflammation and various health problems. Vitamin C and vitamin E antioxidants are also found in potatoes which very essential for human life and prevent diseases from coming into the human body.

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