

POTATOES ARE A VEGETABLE FACT CHECK



Q: Are potatoes a vegetable?

A: Yes. Potatoes are a vegetable.

FACTS

- Yes. Potatoes are categorized by nutrition authorities as “starchy vegetables,” highlighting their predominant macronutrient—carbohydrate—and predominant type of carbohydrate—starch.
- Potatoes are squarely in the vegetable category in both the U.S. Department of Agriculture’s (USDA) MyPlate guidelines and the Dietary Guidelines for Americans, which is jointly published by the USDA and the U.S. Department of Health and Human Services.¹
- The potato belongs to the botanical family *Solanaceae*. Other members of this family include the tomato, bell peppers, chili pepper and eggplant.

REFERENCES

1. <https://www.choosemyplate.gov/dietary-guidelines>