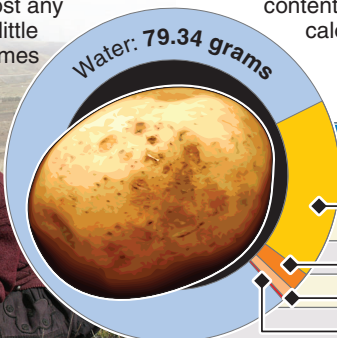


# Humble potato breaks new ground

As prices for wheat and rice surge, the potato – long derided as an unexciting tuber inclined to make you fat – is being rediscovered as a nutritious crop that could cheaply feed an increasingly hungry world

**SUPERCROP:** Domesticated in Peru 8,000 years ago, potatoes can be grown in almost any climate, require very little water and yield 2-4 times more food per hectare than wheat or rice

**NUTRITION:** Potatoes are good source of carbohydrates, have only 5% of fat content of wheat, one quarter of calories of bread and, when boiled, more protein and nearly twice as much calcium as corn



## Potato, raw, with peel Nutritional value per 100g

Carbohydrate inc. starch	17.47g 15.44g
Protein	2.02g
Ash	1.08g
Fat	0.09g

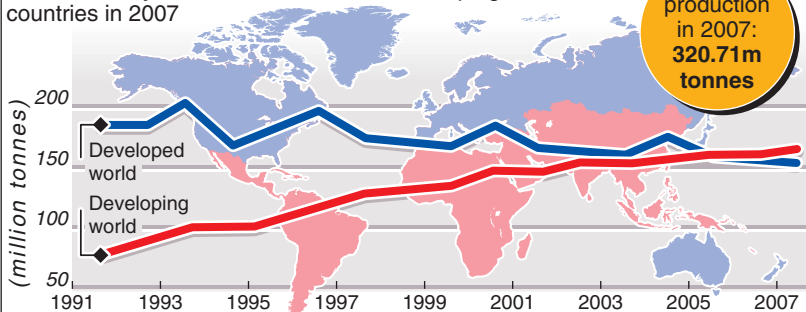
## Minerals (mg)

Potassium	421
Phosphorus	57
Magnesium	23
Calcium	12

## Vitamins (mg)

Vitamin C	19.7
Choline	12.1
Vitamin K	1.9
Energy	77 kcal

**POTATO PRODUCTION:** Has risen from less than 30 million tonnes in early 1960s to over 165m in developing countries in 2007



## TOP PRODUCERS (Millions tonnes, 2007)

1 China	72	6 Germany	12
2 Russia	36	7 Poland	11
3 India	26	8 Belarus	8
4 Ukraine	19	9 Netherlands	7
5 U.S.	18	10 France	6

## TOP CONSUMERS (Millions tonnes, 2005)

1 China	53	6 Ukraine	7
2 Russia	20	7 Germany	6
3 India	18	8 Poland	5
4 U.S.	16	9 France	4
5 UK	7	10 Bangladesh	4