



Jersey Royals – the healthy way to enjoy great tasting food

With an abundance of faddy diets that rear their ugly heads every year when summer time is looming, it's time to banish the myths and rumours and get down to the facts. When it comes to dieting, carbohydrates are always in the firing line and tend to be overlooked as a great source of energy and a useful tool for maintaining a healthy diet.

Jersey Royal new potatoes are in season once more, so now is the time to enjoy all the unique qualities they possess including fantastic taste and an abundance of nutrients. Potatoes in general are often overlooked when trying to stick to a healthy diet but in the run up to summer when new potatoes are all around us; it's time to start including them in all those delicious al fresco dishes.

Jersey Royals are a fantastic source of complex carbohydrates, which tend to be the body's main provider of energy and are necessary for growth and development. Nutritionists recommend that complex carbohydrates should make up the bulk of our diet to ensure a healthy and balanced diet is maintained.

It may also come as a surprise to hear that Jersey Royal potatoes are a brilliant source of vitamin C especially the skins. 100g of Jersey Royals provides you with 25% of the RDA for vitamin C. Alongside this, vitamin B is also present in potatoes and is essential in allowing carbohydrates to function properly and fibre is abundant and important for keeping the digestive system healthy.

All in all potatoes are extremely healthy and are low in fat. They are incredibly filling which means eating them will allow you to stay fuller for longer and should stop you from snacking in between meals. Plus, Jersey Royals are one of the only varieties of potatoes that are versatile. They can be eaten hot, cold, in salads, as part of a main meal or even as a snack on their own and are remarkably tasty.

For more ideas on cooking with Jersey Royals contact Phipps PR on 020 7759 7400.