

Section 2B: Generic Nutrition & Function Health Claims for European Potatoes

*List of all possible nutrition & function claims that are suitable for use within the EU:
Based on data for the 'average' potato, both old and new are considered separately.*

Please see explanatory notes at the end

Old potatoes, boiled in unsalted water:

Nutrient claim:

- Old potatoes are naturally¹ fat-free
- Old potatoes are naturally¹ saturated fat-free
- Old potatoes contain only naturally occurring sugars, with no added sugar
- Old potatoes are low in sugar
- Old potatoes are naturally¹ very low in salt
- Old potatoes are naturally¹ very low in sodium
- Old potatoes are a source of fibre
- Old potatoes are a source of thiamin
- Old potatoes are a source of vitamin B6

Function Claims:

Sodium:

- Old potatoes are very low in sodium. High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure

Thiamin:

- Old potatoes are a source of thiamin, which contributes to normal release of energy for use in the body
- Old potatoes are a source of thiamin, which contributes to the normal function of the heart
- Old potatoes are a source of thiamin, which contributes to the normal function of the nervous system
- Old potatoes are a source of thiamin, which contributes to normal psychological functions

- *Old potatoes are a source of thiamin, which contributes to the maintenance of normal neurological development and function (The target population is infants and children up to 3 years)*
- *Old potatoes are a source of thiamin, which contributes to normal carbohydrate and energy-yielding metabolism (The target population is infants and children up to 18 years)*

Vitamin B6:

- Old potatoes are a source of vitamin B6, which contributes to normal homocysteine metabolism
- Old potatoes are a source of vitamin B6, which contributes to normal energy-yielding metabolism
- Old potatoes are a source of vitamin B6, which contributes to normal psychological functions
- Old potatoes are a source of vitamin B6, which can contribute to the reduction of tiredness and fatigue
- Old potatoes are a source of vitamin B6, which contributes to normal cysteine synthesis
- Old potatoes are a source of vitamin B6, which contributes to normal functioning of the nervous system
- Old potatoes are a source of vitamin B6, which contributes to normal red blood cell formation
- Old potatoes are a source of vitamin B6, which contributes to normal protein and glycogen metabolism
- Old potatoes are a source of vitamin B6, which contributes to normal function of the immune system
- Old potatoes are a source of vitamin B6, which contributes to the regulation of hormonal activity

New potatoes, in skins, boiled in unsalted water:

Nutrient claim:

- New potatoes, in skins, are naturally¹ fat-free
- New potatoes, in skins, are naturally¹ saturated fat-free
- New potatoes, in skins, contain only naturally occurring sugars, with no added sugar
- New potatoes, in skins, are low in sugar
- New potatoes, in skins, are naturally¹ very low in salt
- New potatoes, in skins, are naturally¹ very low in sodium
- Old potatoes, in skins, are a high source of fibre
- New potatoes, in skins, are a source of vitamin B6
- New potatoes, in skins, are a source of vitamin C
- New potatoes, in skins, are a source of potassium

Function Claims:

Sodium:

- New potatoes, in skins, are very low in sodium. High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure

Vitamin B6:

- New potatoes, in skins, are a source of vitamin B6, which contributes to normal homocysteine metabolism
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal energy-yielding metabolism
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal psychological functions
- New potatoes, in skins, are a source of vitamin B6, which can contribute to the reduction of tiredness and fatigue
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal cysteine synthesis
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal functioning of the nervous system
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal red blood cell formation
- New potatoes, in skins, are a source of vitamin B6, which contributes to normal protein and glycogen metabolism

- New potatoes, in skins, are a source of vitamin B6, which contributes to normal function of the immune system
- New potatoes, in skins, are a source of vitamin B6, which contributes to the regulation of hormonal activity

Vitamin C:

- New potatoes, in skins, are a source of vitamin C, which can contribute to the reduction of tiredness and fatigue
- New potatoes, in skins, are a source of vitamin C, which contributes to maintain the normal function of the immune system during and after intense physical exercise
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation for the normal function of blood vessels
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation of the normal function of bones
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation of the normal function of cartilage
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation of the normal function of gums
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation of the normal function of skin
- New potatoes, in skins, are a source of vitamin C, which contributes to normal collagen formation of the normal function of teeth
- New potatoes, in skins, are a source of vitamin C, which contributes to normal functioning of the nervous system
- New potatoes, in skins, are a source of vitamin C, which contributes to normal psychological function
- New potatoes, in skins, are a source of vitamin C, which contributes to normal release of energy for use in the body
- New potatoes, in skins, are a source of vitamin C, which contributes to the normal function of the immune system
- New potatoes, in skins, are a source of vitamin C, which contributes to the protection of cells from oxidative stress
- New potatoes, in skins, are a source of vitamin C, which contributes to the regeneration of the reduced form of vitamin E
- New potatoes, in skins, are a source of vitamin C, which increases (non-haem) iron absorption

Potassium:

- New potatoes, in skins, are a source of potassium, which contributes to normal muscular and neurological function

- New potatoes, in skins, are a source of potassium, which helps maintain normal blood pressure

Please note:

- ¹ This nutrient statement can be made with or without the word 'naturally'.
- Any claims can be used for each specific potato, and not all have to be used.
 - The list of function claims may change as the EU Commission extends and authorises its nutrition & health claims registers.