

# POTATOES ARE A VEGETABLE FACT CHECK



**Q:** Are potatoes considered a vegetable?

**A:** Yes! Potatoes are a vegetable.

## FACTS

- Potatoes are a vegetable [horticulturally](#) and [nutritionally](#).<sup>1,2</sup> Everyone from the U.S. government ([Dietary Guidelines for Americans](#) and [My Plate](#)) to major healthcare organizations like the [Cleveland Clinic](#) categorizes the potato as a vegetable.
- Many of the [healthiest diets](#) in the world, including the Mediterranean and DASH diets, also include potatoes as a vegetable.<sup>3,4,5</sup>
- Under the Dietary Guidelines for Americans, potatoes are part of the “starchy vegetables” category, along with foods like green peas, corn, jicama and black-eyed peas. The Dietary Guidelines recommend [5 cups a week](#) of starchy vegetables in a balanced diet.<sup>2</sup>
- The potato belongs to the botanical family Solanaceae. Other members of this family include the tomato, bell peppers, chili pepper and eggplant.

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## REFERENCES

1. University of California Cooperative Extension, Vegetable Research & Information Center, “Frequently Asked Questions,” <https://vric.ucdavis.edu/main/faqs.htm>. Accessed Nov. 22, 2024.
2. Dietary Guidelines for Americans 2020-2025, [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf). Accessed Nov. 22, 2024.
3. U.S. News & World Report, “Best Diets Overall 2024,” January 1, 2024, <https://health.usnews.com/best-diet/best-diets-overall>. Accessed Nov. 22, 2024.
4. Cleveland Clinic, Mediterranean Diet, <https://my.clevelandclinic.org/health/articles/16037-mediterranean-diet>. Accessed Nov. 22, 2024.
5. National Institutes of Health, “DASH Eating Plan,” <https://www.nhlbi.nih.gov/sites/default/files/publications/WES09-DASH-Potassium.pdf>. Accessed Nov. 22, 2024.