

Study: French fries linked to higher risk of death

By CNN

How your spuds are cooked is key to your health. People who eat fried potatoes two or more times a week double their risk of an early death compared to those who avoid them, a recent study published in the American Journal of Clinical Nutrition found.

Eating potatoes that have not been fried was not linked to a similar early mortality risk, the researchers noted.

“Fried potatoes consumption is increasing worldwide,” warned Nicola Veronese, lead author of the study and a scientist at the National Research Council in Padova, Italy.

In 2014, Americans consumed 112.1 pounds of potatoes per person, according to the National Potato Council. Of that total, 33.5 pounds were fresh potatoes, the remaining 78.5 pounds were processed. According to the U.S. Department of Agriculture, the majority of processed potatoes Americans eat are French fries.

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