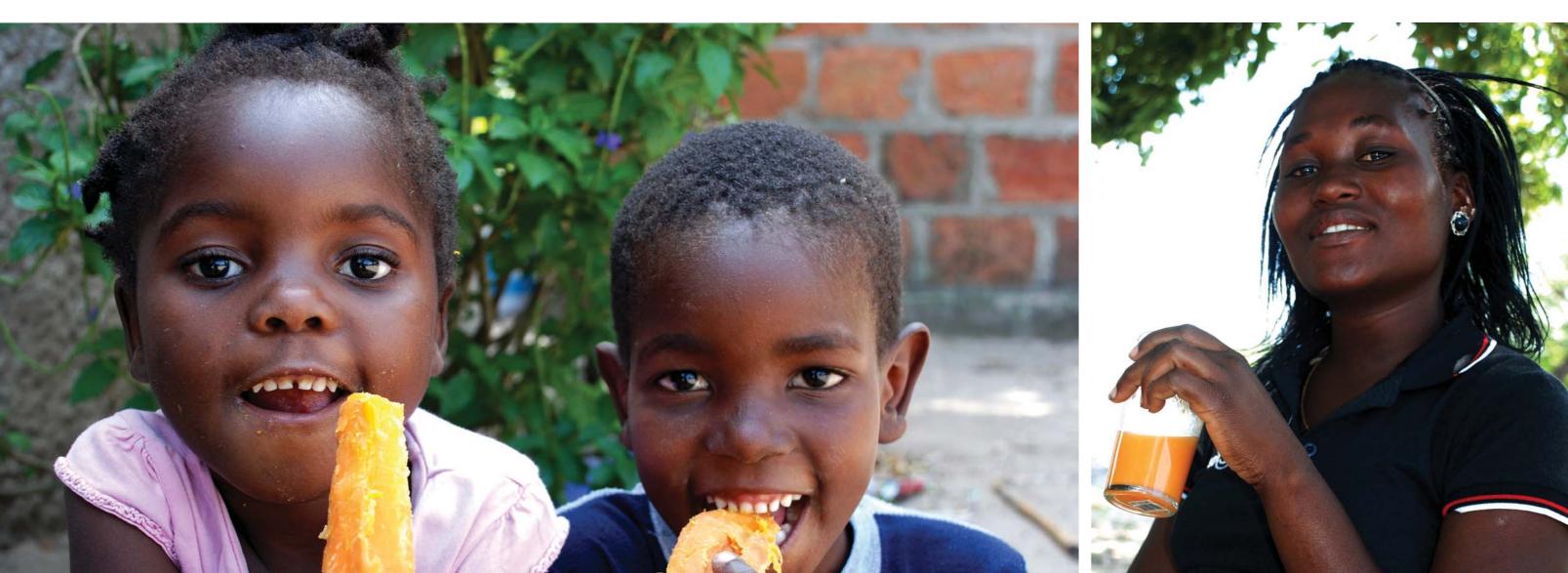
INVEST IN ORANGE-FLESHED SWEETPOTATO (OFSP) TO COMBAT VITAMIN A DEFICIENCY IN NIGERIA



Just 125 grams of most OFSP varieties can meet the daily recommended allowance for vitamin A of young children and non-lactating women



VAD is a serious public health problem caused by inadequate intake of vitamin A due to a poor diet

- and frequent infections
- A holistic approach combining vitamin A supplementation, food fortification and food-based approaches involving biofortified crops such as orange-fleshed sweetpotato (OFSP), can achieve greater success in combating VAD compared to a single approach
- Eating Vitamin A rich OFSP can contribute to reducing VAD among young children and pregnant and lactating women

Invest in Orange-fleshed Sweetpotato for Health and Wealth







