

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



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



- Over 69% of pre-school aged Mozambican children suffer from vitamin A deficiency (VAD)
- 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 foods** can contribute to reducing VAD among young children and pregnant and lactating women

Invest in Orange-fleshed Sweetpotato for Health and Wealth



For additional information, visit <http://sweetpotatoknowledge.org>