

# Facts and Myths about Sweetpotato in Mozambique



**There are many myths about sweetpotato in Mozambique which cause people to avoid eating this highly nutritious food**

**Myth:** Eating sweet foods, such as sweetpotato, causes diabetes

**Fact:** Diabetes is not caused by eating sweet foods. Sweetpotato is often included in the meal plan for diabetics since it releases glucose slowly into the bloodstream which helps to control blood sugar (glucose) level.



Man holding OFSP root

**Myth:** Orange-fleshed sweetpotato is a genetically modified crop

**Fact:** Introduction of GMOs is the subject of much debate. This debate should not stop the adoption of Orange-fleshed sweetpotato (OFSP). OFSP varieties available

in Mozambique are not GMOs and have been developed through conventional breeding. Their orange colour is natural and is indicative of their high vitamin A content.

**Myth:** Sweetpotato is good for women and children but not for men because they cause infertility and sterility in men

**Fact:** Sweetpotato does NOT have a negative effect on male fertility. Orange-fleshed sweetpotato contains vitamins A, C, E and folate, important nutrients for the health of the entire family as well as maintaining optimal fertility for both men and women.

**Myth:** Eating sweet foods such as sweetpotato causes worm infestation in children

**Fact:** Worms are intestinal parasites which can get into the human body through the water we drink and the food we eat. There is no relationship between the taste of food and the presence of worms. Good hygiene practices will prevent children from getting worms.



A girl eating OFSP



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