

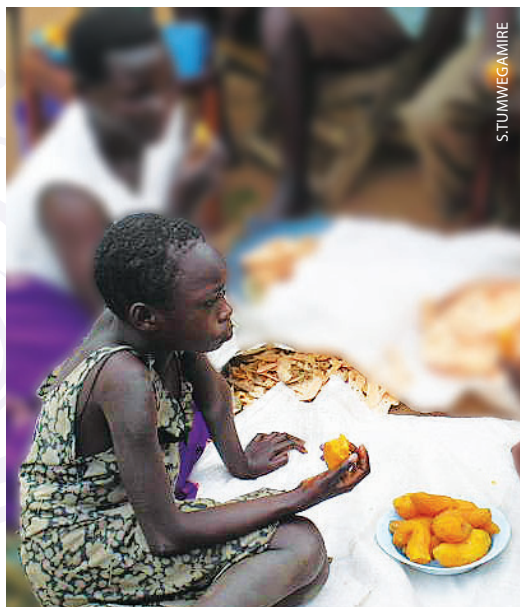
Facts and Myths about Sweetpotato in Tanzania



There are many myths about sweetpotato in Tanzania 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 its good fiber content means it releases glucose slowly into the bloodstream which helps to control blood sugar (glucose) level.



A girl enjoying OFSP

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

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 Tanzania 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: 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.

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

Fact: Although there is nothing wrong with GMOs, orange-fleshed sweetpotato (OFSP) varieties available in Tanzania are not GMOs and have been developed through conventional breeding. Their orange colour is found in nature.



A man eating OFSP



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