

inexpensive baked or fried products with a golden glow.

- Sweetpotato leaves can also be made into delicious and healthy relishes. A short cooking time helps to conserve precious vitamins!



**Figure 4:**  
There are many different ways to use the orange-fleshed sweetpotato!

## What are some recipes using orange-fleshed sweetpotatoes?

### Orange-fleshed sweetpotato chapati

- 1000g (3<sup>1</sup>/<sub>3</sub> cups) boiled and mashed orange fleshed sweetpotato.
- 1000g (6<sup>2</sup>/<sub>3</sub> cups) wheat flour.
- 18.5g (4<sup>1</sup>/<sub>2</sub> level teaspoons) salt.
- 30 ml (3 tablespoons) oil.
- Water.
- 0.5 litre (2 cups) oil for shallow frying.

#### Procedure

1. Mix the dry ingredients first and then add and mix in the boiled mashed sweetpotato.
2. Add the oil and mix.
3. Add the water a little at a time, while kneading until a soft smooth and non-sticky dough is formed.
4. Cover the soft dough with a plastic sheet and leave to relax for about 30 minutes.
5. Continue to form, roll and fry the chapatis as normal.

### Orange-fleshed sweetpotato and groundnut porridge (Especially good for children)

- 3 medium sized orange-fleshed sweetpotatoes.
- ½ cup pounded roasted groundnuts.
- 2-4 teaspoons shredded/pounded green leafy vegetables.
- 1 light two-finger pinch of salt.
- 2¼ cups water.

#### Procedure

1. Boil 3 medium sized orange-fleshed sweetpotatoes and remove the skin.
2. Mash the sweetpotatoes into a smooth paste.
3. Add the pounded groundnuts.
4. Add the shredded vegetables.
5. If necessary add a little water to make the paste soft enough for the child.
6. Heat for 3-4 minutes while stirring constantly.

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### For more information:

Please contact your nearest Kenya Agricultural Research Institute (KARI) Centre, or Ministry of Agriculture Extension Staff in your area.

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**NUTRITIONAL**  
benefits of orange-fleshed  
**Sweetpotato**



## ***Nutritional benefits of orange-fleshed sweetpotatoes***

### **The roots are:**

- A very rich source of beta-carotene which our bodies convert into vitamin A.
- Rich in carbohydrates which are necessary for energy.
- Very low in fat.
- Provide vitamins B, C, and E, which help to protect our bodies and to recover from illness.
- High in fibre which helps in digestion.

### **The leaves are:**

- Excellent sources of beta-carotene, and also contain vitamin C and some B vitamins.

**Figure 1:**  
Orange-fleshed sweetpotatoes and leaves are rich in beta-carotene which the body converts into vitamin A.



### ***Why is Vitamin A important?***

- Vitamin A is essential for good vision, healthy skin, good growth and improves our bodies' immunity so that we are better able to resist infections.
- Some pro-vitamin A carotenoids function as anti-oxidants which help to protect our bodies against chronic diseases and premature ageing.

**Figure 2:**

*Vitamin A is especially important for children: for good vision, healthy skin and to be able to fight infections.*



### ***What happens if our bodies do not get enough Vitamin A?***

- If children in particular do not eat enough pro-vitamin A rich foods they are in danger of developing night blindness and will be less able to fight infections e.g. measles and pneumonia.
- If adults do not eat enough vitamin A rich foods immunity is reduced and there will be a slower recovery from illnesses.

### ***What other foods are rich in Vitamin A?***

- Some animal foods such as fish oils, liver, milk and eggs contain vitamin A in its true form (retinol) which can be used directly and easily by our bodies.
- Fruits and vegetables which are rich in beta-carotene include: mangoes, paw-paw, carrots, dark green leafy vegetables, traditional African green leafy vegetables such as amaranthus and night shade.
- Plant sources of pro-vitamin A such as orange-fleshed sweetpotato can easily be grown and are less expensive than animal sources.

### ***Who should eat orange-fleshed sweetpotato?***

- Orange-fleshed sweetpotatoes are a healthy, natural food option and good for all the family: one small to medium boiled root of most deep orange fleshed

varieties can supply the recommended daily amount of vitamin A for young children and non-breastfeeding women.

- Children love the sweetness and the attractive orange colour.
- Fathers like the way it fills the stomach.
- Mothers like orange-fleshed sweetpotatoes because they are good value, nutritious, and can be used in so many different ways!

### ***How can we use orange-fleshed sweetpotatoes in our daily diets?***

It is always good to eat orange-fleshed sweetpotatoes as part of a balanced diet with foods which are rich in protein, vegetables and a source of fat (e.g. groundnuts, coconut milk, vegetable oil). Orange-fleshed sweetpotatoes can be used in many different and interesting ways:

- Easily boiled in a short time as a convenient breakfast food and a healthy school snack.
- Roasted and mixed with other foods.
- Crisps and chips for popular snacks & juices for refreshment.
- Boiled and mashed orange-fleshed sweetpotatoes or orange-fleshed sweetpotato flour can replace up to half the quantity of wheat flour to make tasty

**Figure 3:**

*Everyone can enjoy orange-fleshed sweetpotato products at any time!*

