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!



What are some recipes using orange-fleshed sweetpotatoes?

Orange-fleshed sweetpotato chapati

- 1000g (3¹/₃ cups) boiled
- and mashed orange fleshed sweetpotato. 1000g $(6^2/_2, cups)$ wheat flour.
- 18.5g (4¹/₂ 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.
- Add the water a little at a time, while kneading until a soft smooth and non-sticky dough is formed.
 Cover the soft dough with a plastic sheet and leave to relax
- 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.
- 1/2 cup pounded roasted groundnuts.
- 2-4 teaspoons shredded/pounded green leafy vegetables.
- I light two-finger pinch of salt.
- 2¹/₄ 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.

Rich in Energy & Natural Vitamin A!

For more information:

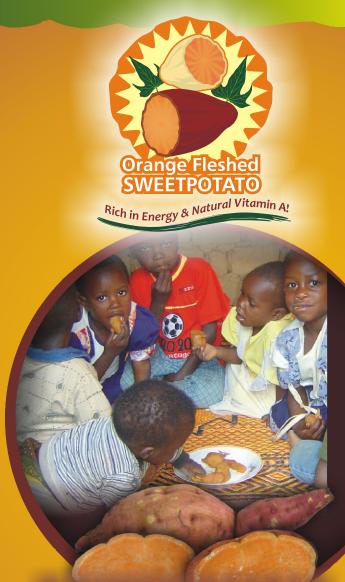
Please contact your nearest Kenya Agricultural Research Institute (KARI) Centre, or Ministry of Agriculture Extension Staff in your area.

Supported by:



September 2009

Contact: cip-nbo@cgiar.org • Tel: +254(20)4223602



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.

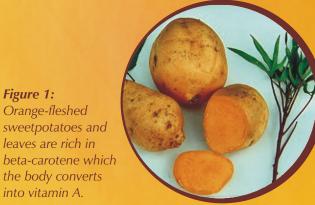


Figure 1: Orange-fleshed

leaves are rich in

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 antioxidants which help to protect our bodies against chronic diseases and premature ageing.



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

- If children in particular do not eat enough provitamin 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 betacarotene 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 orangefleshed 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 nonbreastfeeding 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). Orangefleshed 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.

Figure 3:

Everyone can

at any time!

- 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

