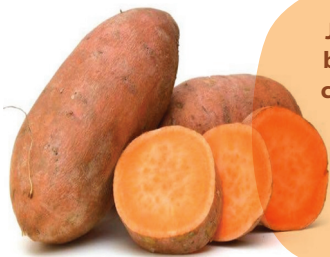


**Building
Nutritious
FoodBaskets**

Orange-Fleshed Sweetpotato (OFSP)

A Vitamin A and Food Security Powerhouse Packed into One Root



Just 125 grams of boiled OFSP roots can meet the daily recommended intake levels of vitamin A for a child.

Sweetpotato (SP) is an important root crop in Nigeria being the 2nd largest producer in the world after China with an annual production estimated at 3.9 million metric tons per year (FAO, 2015). It can thrive in marginal soil and has broad agro-ecological adaptability, and therefore it can be grown in all of Nigeria's 36 states. SP has a short production cycle (3-4 months) while its roots and vines are widely used as food, animal feed and industrial products. All varieties of SP are good sources of vitamins C, E, and K, several B vitamins and the key minerals of magnesium (the anti-stress mineral) and potassium. SP is used as an animal feed in many places, the vines can be fed fresh or made into silage.

Orange-Fleshed Sweetpotato (OFSP) is a nutritious type of Sweetpotato that is additionally rich in beta-carotene, a precursor of vitamin A.



Beta-Carotene is an organic, strongly colored red-orange pigment abundant in plants and fruits. Beta-carotene is what gives OFSP an orange color and is converted to Vitamin A in the body after consumption. The orange color of OFSP is indicative of the level of beta-carotene present; the more intense the color, the more vitamin A present. OFSP also has powerful antioxidants that help prevent cancers, as well as natural sugars, which are slowly released into the bloodstream, helping to ensure a balanced source of energy, without the spikes in blood sugar that are sometimes associated with fatigue and weight gain.

OFSP as a staple food in Nigeria can serve as an affordable and sustainable source of Vitamin A, especially for vulnerable populations. The two OFSP varieties available are UMUSPO3 commonly called 'Mothers Delight', and UMUSPO1, which is known as 'King J'. Mothers Delight is relatively higher in the beta-carotene contents compared to King J.

Orange-Fleshed Sweetpotato is commonly consumed as a vegetable dish (boiled, fried or roasted) as well as in different products through processing and value addition for improved household food intake. These include Amala (swallows), Puff-puff, chips, cake, gari; vegetable soup, doughnut, pottage; bread; chin-chin; juice, kunu. OFSP products can also be a source of income as they can be commercialized at all levels for income generation, job and wealth creation for all especially women and youth.

CONTACT: Olapeju Phorbee - Nigeria Country Coordinator (Building Nutritious Food Basket (BNFB) Project) • O.Phorbee@cgiar.org – **Jude Njoku** • Agronomist - Building Nutritious Food Baskets (BNFB) Project • J.Njoku@cgiar.org or jcnjoku@yahoo.com

