



CIP

INTERNATIONAL
POTATO CENTER

A CGIAR RESEARCH CENTER

Potato and Sweetpotato for Healthier Food Systems



RESEARCH
PROGRAM ON
Roots, Tubers
and Bananas



Potato contains half the daily requirement of **vitamin C** and significant amounts of **vitamin B, iron, potassium, and zinc.**

POTATO



Potato is the **third** most important food crop in the world. Produces **more calories per hectare** than the major grains.



Potato produces **more food per unit water** than any other major crop.



More than **one billion people** eat potato as a staple food.



125g of orange-fleshed sweetpotato provides the daily **vitamin A** needs of a **pre-school child** and a good source of **vitamins B, C and D and iron.**

With support from CIP, African countries released **more than 80 biofortified sweetpotato varieties** grown by over **5 million farmers.**

SWEETPOTATO



Sweetpotato is the **sixth** most important food crop in the world.



Sweetpotato is a **nutritious and affordable animal feed**, producing **less methane** than other feeds.

