Potato and Sweetpotato for Healthier Food Systems

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

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

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.

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 is the sixth most important food crop in the world.

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

Imagine a world without potatoes.