



Biofortified Potatoes

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The Peru-based [International Potato Center \(CIP\)](#) will introduce **iron-rich biofortified potatoes** in India to **combat iron deficiency anemia**.

- Developed at **CIP Peru** using **nutrient-rich germplasm**, the potatoes were **tested in labs and fields**, then adapted by **ICAR-CPRI Shimla** for **seed multiplication and farmer distribution**.
- Additionally, CIP will establish its **South Asia Regional Centre in Agra**, situated in the **Indo-Gangetic Plains**, the **world's largest potato-producing region**.

Bio-fortified Potatoes

- **About: Bio-fortified potatoes** are **specially bred potatoes** that contain **higher levels of micronutrients (iron, zinc, vitamin C)** than regular varieties.
 - **Biofortified Sweet Potatoes** are enriched with **Vitamin A** through high **beta-carotene** content & is **already cultivated** in **Odisha, West Bengal, Karnataka, and Assam**.
 - Their **bright orange flesh** indicates **high nutritional value**, essential for **vision, immunity, and child growth**, helping prevent **night blindness** and **boosting immunity** in children.
 - **ICAR-CTCRI's** new **beta-carotene-rich sweet potato (SP-95/4)** promises **high yields and improved tribal nutrition**.
- **Key Advantages: Sweet potatoes** have a **2-year shelf life** without refrigeration/preservatives, are **versatile for cooking** (boiled, baked, snacks, confectionery), and suitable for **Mid-day Meal** and other nutrition programmes.



Biofortification

- **Biofortification** is the process of **increasing nutrient density of food crops** through **conventional breeding, agronomic practices, or modern biotechnology**, while ensuring **consumer-preferred traits**. Eg:
 - **Iron-rich crops:** Rice, beans, sweet potato, cassava, legumes.
 - **Zinc-enriched crops:** Wheat, rice, beans, sweet potato, maize.
 - **Provitamin A crops:** Sweet potato, maize, cassava.
 - **Protein/Amino acid crops:** Sorghum, cassava.

Read More: [Nitrogen Use Efficiency and Biofortification](#)

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