Biofortified crops are conventionally bred to have higher levels of essential vitamins and minerals that are needed for good health.

**BIOFORTIFIED CROPS: WHAT IS AVAILABLE WHERE?**

Biofortified crops are conventionally bred to have higher levels of essential vitamins and minerals that are needed for good health.

- **RELEASED AND/OR AVAILABLE TO FARMERS THROUGH FORMAL OR INFORMAL CHANNELS**
  - BANANA/PLANTAIN (VIT A)
  - BEANS (IRON)
  - CASSAVA (VIT A)
  - COCONUT (IRON, ZINC)
  - IRISH POTATO (IRON, ZINC)
  - LENTIL (IRON, ZINC)
  - MAIZE (VIT A)
  - MAIZE (ZINC)
  - PEARL MILLET (IRON)
  - RICE (ZINC)
  - SORGHUM (ZINC, IRON)
  - SWEET POTATO (VIT A)
  - WHEAT (ZINC)

- **TESTING BEING EVALUATED OR TESTED**
  - BANANA/PLANTAIN (VIT A)
  - BEANS (IRON)
  - CASSAVA (VIT A)
  - COCONUT (IRON, ZINC)
  - IRISH POTATO (IRON, ZINC)
  - LENTIL (IRON, ZINC)
  - MAIZE (VIT A)
  - MAIZE (ZINC)
  - PEARL MILLET (IRON)
  - RICE (ZINC)
  - SORGHUM (ZINC, IRON)
  - SWEET POTATO (VIT A)
  - WHEAT (ZINC)

Biofortified crops have been developed to have higher levels of essential vitamins and minerals that are needed for good health. They can be released and made available to farmers through formal or informal channels. Testing of these crops is ongoing to evaluate their potential for improving nutrition and public health.
Biofortification is a big word with a big impact. Conventional crop breeding techniques are used to increase the nutritional value of the staple foods consumed most widely by low-income families in Africa, Asia and Latin America, including cassava, maize (corn), millet, rice, beans, sweet potato and wheat.

Biofortification empowers farmers to grow and consume healthier crops naturally enriched with vitamin A, zinc and iron—the micronutrients identified by the World Health Organization as the most important for health.

Leading international economists have ranked biofortification as a highly cost-effective intervention, predicting that every dollar invested yields $17 in benefits. Once the vitamins and minerals are bred into the seeds, the traits are permanent—so those who share them are sowing good health in more families, communities and economies.

Four biofortification pioneers, including HarvestPlus’ founder Dr. Howarth Bouis, shared the 2016 World Food Prize, and Time magazine listed biofortification as one of the top 25 innovations of 2016. HarvestPlus was a finalist in the MacArthur Foundation’s 100&Change competition in 2017.

More than 30 million people are now growing and eating these healthier foods, which have a positive impact on nutrition and health, including reduction in diarrhea and night blindness; reversal of iron deficiency; and improved cognitive and physical performance.

With additional resources and partnerships, one billion people could benefit from biofortified foods by 2030.