

Bananas to Alleviate Vitamin A Deficiency in Uganda

Why Vitamin A Rich Matooke?

Matooke varieties contain very low levels of provitamin A, up to 5-12 μ g/g beta carotene equivalents while daily average requirement is 700-900 μ g/g. Yet 70% of Ugandans eat matooke daily as a staple food.

Every 1 out of 3 children and women are vitamin A deficient. NARO developed East African highland banana - matooke varieties with improved levels of provitamin A to provide 50% of the daily average requirements.

Vitamin A Deficiency

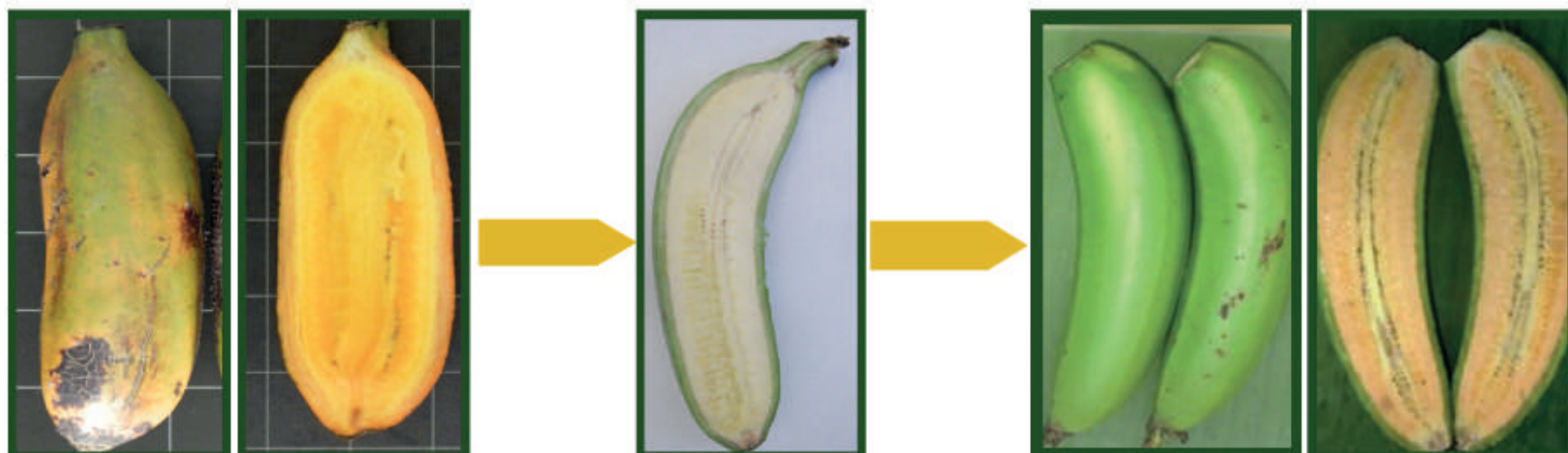
38%

*Children aged
5 months to 5
years*

36%

*Women aged
15 – 49
years*

Vitamin A Genes from Asupina Bananas into Matooke



*From High
Vitamin A Rich
Asupina Bananas*

*Into low
Vitamin A
Matooke Bananas*

*To High
Vitamin A
Rich Matooke Bananas*



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