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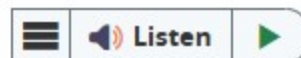
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Research Article

Effect of prolonged cooking on pro-vitamin A levels of biofortified East African highland bananas

Stephen Buah , Janefer Kiwummulo, Jean-Yves Paul , Joel Walugembe, Jackline Wegesa, Robooni Tumuhimbise & ...show all

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ABSTRACT

Genetically modified East African highland bananas (EAHBs) with elevated levels of pro-vitamin A (pVA) have been developed to address vitamin A deficiency (VAD) in Uganda. The green, mature fruits of EAHBs are traditionally prepared into “matooke,” a soft, savory dish made by peeling, steaming, and mashing the fruit.

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