

Micronutrient	Biofortified crops	References	Process	Retention	
Provitamin A carotenoids	Orange fleshed sweet potato (OFSP)	Bengtsson, <i>et al.</i> ¹² Hagenimana <i>et al.</i> ¹³ Van Jaarsveld <i>et al.</i> ¹⁴ Kidmose <i>et al.</i> ²²	Boiling/steaming	80-90%	
		Vimala <i>et al.</i> ¹⁵ Kidmose <i>et al.</i> ²²	Roasting/frying	70-80%	
		Bechoff <i>et al.</i> ^{16-18,20} Mulokozi <i>et al.</i> ¹⁹	Solar/sun drying	60-95%	
		Bechoff <i>et al.</i> ^{17,18,20,21}	Storage of dried product for 4 months at ambient	20-30%	
	Cassava	Thakkar <i>et al.</i> ²³ Failla <i>et al.</i> ²⁴ Carvalho <i>et al.</i> ²⁵	Boiling	80-90%	
		Thakkar <i>et al.</i> ²³ Failla <i>et al.</i> ²⁴	Gari processing	40-50%	
		Oliveira <i>et al.</i> ²⁶	Flour processing	50%	
		Bechoff <i>et al.</i> ²⁷	Gari storage for 4 months at ambient	20-30%	
	Maize	Li <i>et al.</i> ²⁸ Pillay <i>et al.</i> ²⁹	Boiling of unfermented or fermented porridge	75%	
		Burt <i>et al.</i> ³⁰	Dried grain storage for 18 months at ambient	60%	
		Mugode <i>et al.</i> ³¹	Dried grain storage for 6 months at ambient	40%	
	Iron, Zinc*	Beans and cowpea	Carvalho <i>et al.</i> ³⁷ Pereira <i>et al.</i> ³⁸	Boiling	90%

*Unlike provitamin A carotenoids, minerals such as iron and zinc are resistant to degradation during processing and, by softening the food matrix, processing has mostly a beneficial effect on mineral's bioavailability. This explains the scarcity of literature on the retention of minerals compared to provitamin A carotenoids.