

EFFECTS OF SYNTHETIC FERTILISERS ON NUTRITION



Synthetic fertilisers have **long-term negative impacts on nutrition**. Their only purpose is to increase yields for farmers, but increased yields do not enhance the nutritional quality of the food produced.

In Africa, synthetic fertilisers are focused mainly on maize and rice, through subsidy and donor programmes. This has led to a decrease in agricultural biodiversity and dietary diversity – both of which are necessary for people to stay healthy.

Farmers need to grow many different plants and crops in order to have a diversified and nutritious diet. This is especially so in the developing world, where diets often consist of starchy staples with few nutrient-rich sources of food – such as animal products, fruits, vegetables, beans and pulses. Such a variety of crops will also help farmers to maintain a resilient and diverse seed system, particularly in drought and difficult climate conditions.