

# The Golden Rice Farming Revolution: What You Need to Know

Golden rice is the first of its kind, genetically modified, and offers improved nutrition in the form of beta-carotene, which is an important source of vitamin A that supports the immune system.

Ordinary rice does not contain beta-carotene. In countries where people depend on rice, golden rice can help reduce vitamin A deficiency. IRRI has been developing golden rice to address serious health concerns. Vitamin A deficiency can cause health problems such as impaired immune systems, stunted growth, and eyesight problems. The path that led to the development of golden rice began in the 1990s; however, research took some time as the researchers had to ensure it met the required standards. However, the team behind the research has been committed to both transparency and the highest scientific standard.

## More on golden-rice

The research has yielded three questions: first, will golden rice be nutritious enough? And second, will golden rice be safe to eat? Will golden rice be available to those who need it most? Who will benefit from the invention? and will golden rice be affordable? Ultimately, communities that eat and plant golden rice will benefit from improved nutrition and quality of life. The goal of bringing golden rice to farmers and consumers is within reach