Abstract

Background

Micronutrient malnutrition, particularly deficiencies in iron and zinc, remains a significant global public health issue, impacting over half of the world's population. To address this problem, common bean breeders have developed biofortified bean varieties rich in iron and zinc. These common beans are widely consumed in low-income areas like Burundi, where they serve as a primary food source. However, evidence from recent studies indicate that a high concentration of these minerals does not necessarily ensure high bioavailability, as antinutritional factors such as phytic acid interfere with mineral absorption