

Antinutrient & Toxicity

Antinutrient and Toxicity ID	142
Crop ID	Proso Millet
Part	Grain
Reported Factor	Oxalate
Effect	Oxalate content has nutritional importance for its interference with calcium availability. The consumption of foodstuffs rich in oxalate can induce hyperoxaluria.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Soluble oxalate can be leached out during normal cooking but in foods they have probably a major effect on oxalate absorption.
Notes	<i>NULL</i>
Metadata Id	8,580