

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	241
Crop ID	Swamp Taro
Part	Leaf
Reported Factor	Oxalate
Effect	Studies show that eating large quantities of a high oxalate containing food may contribute to the formation of kidney stones in susceptible people.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Boiling taro leads to leaching of water soluble oxalates into the cooking water and some loss of soluble oxalates also occurred during baking
Notes	<i>NULL</i>
Metadata Id	8,927