

Antinutrient & Toxicity

Antinutrient and Toxicity ID	41
Crop ID	Taro (Cocoyam)
Part	Tuber
Reported Factor	Phytate
Effect	Phytates in the form of phytic acid form insoluble salts with metals such as calcium, zinc, iron, and magnesium. Formation of these salts renders the metals unavailable for absorption in the body.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Fermentation
Notes	<i>NULL</i>
Metadata Id	8,556