

# Antinutrient & Toxicity

|                              |  |
|------------------------------|--|
| Antinutrient and Toxicity ID | 47   |
| Crop ID                      | Taro (Cocoyam)   |
| Part                         | Leaf   |
| Reported Factor              | Phytate  |
| Effect                       | Phytates bind minerals in the gastrointestinal tract, making dietary minerals unavailable for absorption and utilization by the body. It decreases calcium bioavailability and forms calcium phytate complexes that inhibit the absorption of Fe and Zn. |
| Cause Toxicity               | false  |
| Cause Allergic Reaction      | false  |
| Reduction Method             | Boiling  |
| Notes                        | <i>NULL</i>  |
| Metadata Id                  | 8,556  |