

Antinutrient & Toxicity

Antinutrient and Toxicity ID	54
Crop ID	Quinoa
Part	Grain
Reported Factor	Oxalate
Effect	High intake of oxalate in the diet influences the absorption of minerals and trace elements, playing a key role in hyperoxaluria, a risk factor for the formation of calcium oxalate stones in the kidneys, due to the ability of the oxalate to form insoluble complexes with divalent cations in the gastrointestinal tract.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Not stated.
Notes	<i>NULL</i>
Metadata Id	8,559