



*The Medical **Bulletin***

Diet Corner

Tubers like colocasia, yam, purple potato, air potato etc. are despised for their starch content, have immense ability of being called as functional foods, providing both nutrition and health benefits. It's equally important to understand the ability of various processing /cooking methods which destroy the anti-nutritional factors in them in order to improve the bioavailability of the nutrients and health promoting components.

Starchy tuber crops are functional foods providing several advantageous nutritional and health benefits such as antioxidant, hypoglycaemic, hypocholesterolemic, antimicrobial, and immunomodulatory in nature. A number of bioactive constituents such as phenolic compounds, saponins, bioactive proteins, glycoalkaloids, and phytic acids are responsible for the studied effects.

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