



The Medical **Bulletin**

Diet Corner

Yams are rich in carbohydrate and insoluble fibre provide energy principally from carbs, negligible in fat, gluten free and also possess certain health benefits due to the presence of Bioactive components- polyphenols, phenolics, flavonoids etc. Thus, possessing antioxidant property, promotes healthy gut, prevents constipation, hypocholesterolemia, improves triglycerides, and potent immunomodulator.

Glycemic Index and Glycemic Load is low, hence diabetic friendly, but portion size still remains the key and avoid in fried forms.

Rich in potassium hence useful for blood pressure control.

Steroidal sapogenin diosgenin, has an influence on hormone estrogen

Caution:

Being a rich source of potassium, to avoid consumption in those with organ failure.

Rich in oxalates, hence, better avoided in those with calcium oxalate stones

Processing such as soaking, boiling and roasting are used to reduce or eliminate the bitterness, pressure steaming appears to be most suitable method for achieving the expected health benefits of yam.

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