Editorial

iMedPub Journals
www.imedpub.com

Der Chemica Sinica
ISSN 0976-8505

2021
Vol.12 No.9:43

Nutrional and Antinutrional Contents of Cocoyam

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Received: September 17, 2021; **Accepted:** September 22, 2021; **Published:** September 27, 2021

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Citation: Sunena S (2021) Nutrional and Antinutrional Contents of Cocoyam. Der Chem Sin Vol.12 No.9:43

Editorial

Cocoyam, a member of the Araceae family, is an ancient crop farmed for its edible corns, cormels, and leaves, as well as other traditional uses, across the humid tropics. There are about 1500 species in the Aracaea family. There are over a hundred genera in the Aracaea family. The majority of them are tropical or subtropical in nature. They are primarily grown in wet or shaded environments. Some are plants that grow on the ground, while others are vines, creepers, or climbers.

Cocoyam is a well-known food plant with a lengthy agricultural history. Corn is a major source of starch in the country. Cut up the corns and boil them in curries or fry them to make crispy chips. The developed leaves and leaf stalks can also be consumed as vegetables. Cocoyam is a significant food crop in the tropics and subtropics. In Ethiopia's rural areas, its cormels and leaves are cooked and consumed. There is a scarcity of data on the nutritional value of cocoyam produced in the nation. Cormels of green and purple cocoyams were examined for proximate and mineral content, as well as antinutritional components, in this study.

Green and purple cocoyams had moisture levels of 61.91 and 63.53 percent, respectively. Both green and purple cocoyam genotypes had strong antinutritional elements (phytate and tannin) (mg/100 g), with purple cocoyam having significantly larger amounts (187.57 phytate and 156.1 tannin) than green cocoyam (167.76 phytate and 139.62 tannin). In order to achieve healthy and pleasant cocoyam products, more thorough studies, including processing and sensory testing, are recommended for further study. Many plant species that are critical for food security are classified as neglected or underused crops. Some studies have confirmed the nutritional advantages of neglected and underused crops, as well as their wild variants, over more widely used crops. Many nations regard root and tuber crops to be staple foods and an excellent and affordable source of energy in their diets.

Aroids are among the neglected and underused crops that, although being essential tuberous root crops that play a key part in the livelihood of millions of relatively impoverished people in developing nations, have received little scientific attention over the years. The nutritional value of cocoyam is said to be superior to that of other root and tuber crops, particularly in terms of protein digestibility and mineral composition. Cocoyam is an important food security crop for many people in many tropical locations, especially smallholder farmers.

In terms of proximate and mineral content, cocoyam has surpassed taro (a similar aroid). Cocoyam is spreading over Ethiopia, thriving even in poor soils and in arid circumstances. Cocoyam farming is on the rise in the country. The succulent immature leafy parts of the plants of the plant (*Colocasia esculenta)* were harvested in fresh condition from a farmland in Emmanuel College, Samonda, Bodija Area, Ibadan, Oyo State, Nigeria. The leaves were plucked from the stalk and washed with spray jets of potable water to remove sand and other adhering soil, dirt's and contaminants.

The cormels are consumed after being cooked in pots or roasted in stones. In some regions of the country's southwest, the young leaves of green cocoyam are edible. Studies on cassava, sweet potato, and yam variations revealed that nutrient content varies greatly among species, and that some varieties can contribute significantly to nutritional needs, not just for calories but also for protein and minerals. Malnutrition is caused by a lack of protein, vitamins, iron, and other minerals in Nigeria. Identifying a larger range of plant species that have promise as significant food sources and developing these for efficient food production in the Nigerian economy.