

Re: Phytates effects

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Davide wrote:

: Hi

: I'd like to know what scientific studies say about phytic acid in food
: I know that it's "thought" that foods containing phytates may interfere
: with calcium, zin, iron absorption and certain groups (westonaprice
: foundation) have created an hype attacking all foods that contain
: phytates but what I saw on pubmed is

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: 1) theoretical third world epidemiological studies that theorize that
: a whole grain and legume diet may cause mineral deficiency

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: 2) studies on animals that have nothing to do with humans

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: 3) studies on humans using isolated phytic acid in high concentration

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: What I want to know is wether there's any amount of scientific
: evidence that a varied diet adequate in mineral intake containing two
: or more portions of legumes and/or whole grains can lower mineral the
: absorption of minerals in any relevant way or even cause mineral
: deficiencies

Take into account that whole grains have considerably higher mineral content than refined grains. That is why you can in a sense afford the less efficient absorption of minerals.

The effect of phytates is not only adverse. They also have a beneficial role in prevention of diseases like cancer and cardiovascular diseases.

I wouldn't be too concerned of phytates. If you want to reduce phytates it can be done by soaking grains. In baking the sourdough process reduces phytates very efficiently.

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Juhana

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