

Re: Phytates effects

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2006-07/msg00102.html>

- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
 - *Date:* 11 Jul 2006 09:22:03 -0700
-

Juhana Harju wrote:

 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

 :

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

 :

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

 :

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

 :

 : 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.

beneficial? where do you get your info from?

<http://www.google.com/search?sourceid=navclient&ie=UTF-8&rls=GGLD,GGLD:2005-18,GGLD:en&q=phytates>

 I wouldn't be too concerned of phytates. If you want to reduce phytates it

Re: Phytates effects

can be done by soaking grains. In baking the sourdough process reduces phytates very efficiently.

--

Juhana