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Chronic poisoning by hydrogen cyanide in cassava and its prevention in Africa and Latin America. Food Nutr Bull 2002;23(4):407-12. View abstract. Teles FF. Chronic poisoning by hydrogen cyanide in cassava and its prevention in Africa and Latin America. Food Nutr Bull 2002;23(4):407-12. View abstract. Teles FF. Chronic poisoning by hydrogen cyanide in cassava and its pr neuropathy in Cuba. Nutr Rev 1993;51(12):349-57. View abstract. Tylleskar T, Banea M, Bikangi N, et al. Cassava cyanogens and konzo, an upper motoneuron disease found in Africa. Lancet 1992;339(8787):208-11. View abstract.Vetter J. Plant cyanogenic glycosides. Toxicon 2000;38(1):11-36. View abstract.Vetter J. Plant cyanogenic glycosi abstract.Wilson J. Cyanide in human disease: a review of clinical and laboratory evidence. Fundam Appl Toxicol 1983;3(5):397-9. View abstract. Versatile, filling, and tasty, cassava has all the qualities of a staple food. South American and Caribbean cultures have known this for centuries, and more people in the U.S. are catching on. Here's everything you need to know about cassava, including how to cook it and the one way you should never eat it. Cassava is a root vegetable that can be used in many of the same ways as potatoes. On the surface, this starchy tuber looks like a sweet potato or yam but with thicker skin. When cooked, cassava has a neutral flavor and soft, light texture. Cassava grows in tropical and the Caribbean. It later arrived in Southeast Asia and West Africa, where it still grows. In all of these regions, people have incorporated cassava into their cuisine. dorisj / Getty Images You can cook cassava like you cook potatoes — baked, boiled, fried, and even grilled. For example, you can use it to bulk up soup or stew, turn it into French fries or chips, or serve it as a simple side dish. You can even use it to bulk up soup or stew, turn it into French fries or chips, or serve it as a simple side dish. Cassava Cake. Cassava flour is super versatile, too. (I like Otto's Naturals Cassava Flour.) For starters, it tastes milder than other grain-free, gluten-free flours. And people on nut-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like Brown Butter-Cassava Flour.) For starters, it tastes milder than other grain-free diets can enjoy it. It's ideal for making tortillas, cookies (like B raw. Cassava is categorized as bitter or sweet, and both require some TLC to be edible. According to the USDA, the bitter variety of cassava is actually poisonous when raw because it contains significant amounts of cyanide, a deadly chemical. Removing the cyanide calls for hours of soaking and cooking. You should even discard the water you cook it in, the USDA says. That said, bitter cassava grows in Africa and isn't sold in U.S. supermarkets. Instead, the U.S. imports the sweet variety from Central America and the Caribbean. Sweet cassava contains small amounts of cyanide, meaning it's still inedible raw. But peeled, cooked cassava is totally safe to eat. If you've ever followed a gluten-free or paleo diet, chances are you've come across recipes that call for cassava or cassava flour. One of the world's main sources of starch, cassava contains small amounts of potassium, vitamin C, magnesium, and B vitamins. Cassava isn't a nightshade, a group of plants that include potatoes, tomatoes, and eggplant. Some diets (like the autoimmune protocol diet) ban nightshades are harmful to eat, the Cleveland Clinic says. Cassava (Manihot esculenta) commonly known as yuca, is a root vegetable that may have benefits for heart and digestive health. It is high in calories and carbohydrates and provides several nutrients, including vitamin C and potassium. The plant is resistant to drought, pests, and diseases, which makes it a popular carbohydrate in many parts of the world, like Africa and the Caribbean. It is important to take precautions when preparing cassava, as the raw root contains toxic compounds that may harm health. Cassava is a source of resistant starch, or a type of carbohydrate that resists digestion in your small intestine. It passes into your large intestine, where gut bacteria break down and ferment it. This process leads to the production of short-chain fatty acids (SCFAs) like butyrate, acetate, and propionate. SCFAs act as a fuel source for the cells lining your large intestinal barrier, regulate inflammation, and produce mucus. Adding sources of resistant starch, like cassava, into your diet can support digestive health. Cassava is high in vitamin C, which functions as a powerful antioxidant in your body. It protects cells from oxidative stress that may otherwise lead to aging and disease. Having a higher vitamin C is also required for roduction of collagen. This protein is the most abundant in your body. Cassava is a source of folate, a B vitamin necessary for red blood cell production, growth, and development. Folate also helps regulate an amino acid called homocysteine. Though homocysteine is naturally found in your body in low amounts. may cause inflammation and oxidative stress. Maintaining optimal folate levels helps keep homocysteine in check. Potassium are more likely to develop hypertension (high blood pressure) and heart disease. One cup of cooked cassava provides 10% of your daily needs for potassium. The average person in the United States falls short of the Adequate Intake (AI) for potassium, which is 3,400 milligrams for adult men and 2,600 milligrams for adult women. One cup of cooked cassava provides 3.04 grams of fiber, which can support gut health. Fiber is a carbohydrate that regulates bowel movements, increases feelings of fullness, and promotes overall intestinal health and functioning. A 1-cup serving of cooked cassava contains: Calories: 306Fat: 4.85 grams (g), or 6.22% of the DV Fiber: 3.04 g, or 10.86% of the DV Added sugars: 0 g, or 0% of the DV Protein: 2.27 g, or 4.54% of the DV As long as you properly prepare cassava, it is safe to eat. Speak with a healthcare provider if you are pregnant or breastfeeding before consuming cassava to ensure safety. One serving of carbohydrates equates to 15 grams, so one cup of cassava provides four servings of carbohydrates. Its carbohydrate content does not make cassava unhealthy, but some people may need to avoid or limit it. People who follow low-carb diets or need to manage their blood sugar, such as those with type 2 diabetes, should avoid consuming large amounts. Raw cassava contains cyanogenic glycosides, which break down into a toxic chemical called hydrogen cyanide. Consuming raw or improperly prepared cassava could lead to cyanide poisoning and contribute to neurological disorders. All cassava contains much higher levels than sweet cassava contains toxic compounds. Bitter cassava contains much higher levels than sweet cassava contain prepared bitter cassava. Sweet cassava does contain cyanogenic glycosides. Peel the roots and then soak them for a prolonged period or boil them to reduce cyanogenic glycosides to safe levels. Cassava is safe to eat when you properly prepare it. You can use cassava in the same way as other starchy vegetables. Cassava can be made into mashes fries, and chips and added to soups, baked goods, and salads. Take the following steps to ensure that cassava is safe to eat: Rinse the cassava and cut off both endsUse a sharp knife to remove the cassava in half lengthwise and remove the cassava and cut off both endsUse a sharp knife to remove the cassava is safe to eat: Rinse the cassava and cut off both endsUse a sharp knife to remove the cassava and cut off both endsUse a sharp knife to remove the cassava cassava into small pieces and place them into a pot of salted waterBring the water to a boil and then simmer the cassava for about 30 minutesDrain free from gluten. You can use them to make gluten-free baked goods. Cassava is a starchy vegetable that is an important food source in many areas of the world. It is a source of calories, carbohydrates, and nutrients like potassium and vitamin C, and may have benefits for heart and digestive health. Cassava contains toxic compounds when you consume it raw. Make sure to prepare it properly and cook it thoroughly before you consume it. Thanks for your feedback! Cassava health benefits includes supporting weight loss, aiding digestion, overcoming headaches and treating diarrhea. Other benefits includes supporting weight loss, aiding digestion, overcoming headaches and treating diarrhea. healing wounds, clearing up worms, supporting good appetite and supporting pregnancy. A lot of foods that help in healing the body from infection, disease and even gut problems can initially, be the cause of them. What this means is that there are poisonous foods out there that unless cooked properly, can be harmful to you. However, once they are cooked well, they provide a lot more benefits than any other food items out there. Cassava fits perfectly into such a category. Cassava in its entirety is a tropical root vegetable that is known for its taste as well as many nutritional benefits it has. It is also turned into flour and starch that is used all around the world in different recipes. There is but one important thing to keep in mind, and that is how Cassava is hard to store fresh. Cassava roots are often known to rot quickly which is why you must cook them within two days of their purchase. Here is a chart showing the nutritional value of raw cassava (yuca) per 100 grams: NutrientAmount per 100gCalories160 kcalWater59.68 gProtein1.36 gTotal Fat0.28 gSaturated Fat0.07 gCarbohydrates38.06 gDietary Fiber1.8 gSugars1.70 gVitamin C20.6 mg (2% DV)Vitamin A13 IU (0% DV)Vitamin A13 IU Percent Daily Values (DV) are based on a 2,000-calorie diet. This chart highlights that cassava is a high-carbohydrate root vegetable with a good amount of Vitamin C, and it provides small amounts of protein, fiber, and essential minerals like potassium and magnesium. Adding Cassava to your meal plans can help your body in many ways as Cassava has several health and skin benefits. Here are 13 health benefits of Cassava that you might not be aware of. The peels of Cassava and mix them into a paste. Spread that paste. Spread that paste. over your face or other affected areas for an hour and simply wash it to get the maximum result. You can also use it as a scrub to get rid of the extra oil in your face and shut the pores. This will help rejuvenate your skin and give you that necessary glow. Many people get bald well before their time, and this is attributed to the atmospheric conditions as well the nutrition you receive daily. One of the ways to eliminate this problem is to mix Cassava into a paste form and apply it to the hair for an hour or two. Carefully wash your hair afterward to see the effects of the root. Repeat this process twice a week to make the results more prominent. A month into the remedy and you will find your hair growing way faster than before. One of the biggest concerns of a female is hair fall. It could be because of a poor diet or a bad environment. Women often try several ways to stop hair fall but only succeed a few times. This can, however, change through the use of the Cassava root. It help nourish the tips of your hair and also help revitalize the rear ends. This eventually leads to a reduction in the hair fall rate. Cassava contains a good amount of fiber, and that is exactly what you need if you are looking out to cut some pounds. Losing weight is not easy but having Cassava in your daily diet can become helpful as you will feel fuller most of the time. The fiber present in it plays a dual role when assisting your body. It also helps improve your digestive system by absorbing all the toxins from your intestines and allowing a reduction in inflammation. This, therefore, keeps you healthy and away from any gastrointestinal problems. Migraines and allowing a reduction in inflammation. painful, and unless you take proper treatment, they will not go away anytime soon. This is where the Cassava roots and leaves are praised for their medicinal purposes. You can not only consume them in such situations but also wash and blend them up into juice. Drinking Cassava juice twice a day will prevent any future headaches from occurring. As we move towards the medical implications of the Cassava root, it is worth mentioning how it has antioxidants present that help with diarrhea situations. Boiling the vegetable in water for an hour and then consuming it can help clean your stomach of all bacteria that plague it. This leads to a reduction in Diarrheic symptoms and gradually an improvement in performance. The importance of Cassava as both a medicinal plant as well a vegetable is important to distinguish between. If consumed, Cassava is full of it. A well-known benefit of Cassava is how it helps in curing fever. Cassava leaves can be used to make a decoction that can help relieve you of feverish conditions. They can also be eaten after boiling it for an hour, and this helps in improving your health. It's leaves are known to work like Aloe Vera if applied to a wound. Either it is fresh or an old one; the Cassava leaf will work its magic because it is full of nutrients that help prevent infection as well as speed up the healing process. Squeezing the pulp out of the Cassava leaf and applying it to a burned area can also provide relief in many ways. Nematode infestation has to do with the worms that form inside your intestine and stomach. To prevent this from happening, researchers started feeding Cassava roots to a few patients, and after a month or so, the results found that the worms were eliminated from the systems of the people. Waking up early in the morning, you might not feel the need to eat. There are other such instances in your daily life where you start avoiding eating whether it is because of depression or anxiety. The Cassava root can help change that and restore your appetite, so you do not have to worry too much about losing too many important nutrients. The major needs of women during their pregnancy are folate, and Vitamin C. The Cassava plant has plenty of both, and therefore you will get your requirement of nutrients. Although they have a bland taste, you can always chop the leaves and add them to salads or other meat dishes. What it is Nutrients and the contains vitamin C. and copper. It may also contain harmful compounds if consumed in many countries around the globe. It provides many important nutrients, including resistant starch, which may have health benefits. Nevertheless, as with all foods, you should be mindful to consume it in moderation. This is especially true considering that it's fairly high in calories and contains potentially harmful chemicals. This article explores the unique properties of cassava to determine whether it's healthy and safe to include in your diet. Share on PinterestCameron Whitman/StocksyCassava is a nutty-flavored, starchy root vegetable or tuber. Native to South America, it's a major source of calories and carbs for people in many countries. Nigeria, Thailand, and Indonesia are the top cassava-producing countries in the world (1). It's grown in tropical regions around the world (2). Although both sweet and bitter varieties of cassava are available, sweet cassava is more common in the United States, where it's often referred to as yuca, manioc, or Brazilian arrowroot. The most commonly consumed part of the cassava plant is the root, which is incredibly versatile. You can eat it whole, grated, or ground into flour to use it in bread and crackers. Cassava root is the root, which is incredibly versatile. also used to produce tapioca, a type of starch, as well as garri, a product similar to tapioca. Individuals with food allergies can benefit from using cassava root in cooking and baking because it's free of gluten, grains, and nuts. It's important to note is that you must cook cassava root before eating it, as it can be poisonous if consumed raw.SummaryCassava is a versatile root vegetable that's widely consumed in several parts of the world. It's also what tapioca starch is made from. You must cook it before eating it, as the raw form can be poisonous. A 3.5-ounce (100-gram) serving of cooked cassava root contains 191 calories. Around 84% of them comes from carbs, while the rest come from protein and fat (3). One serving also provides some fiber and a few vitamins and minerals (3). The following nutrients are found in 3.5 ounces (100 grams) of cooked cassava (3): Calories: 191Protein: 1.5 gramsFat: 3 gramsFat DVFolate: 6% of the DVVitamin B6: 6% of the DVNiacin: 5% of the DVNagnesium: 5% of the DVNa neurotransmitter synthesis, energy production, iron metabolism, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and minerals. Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and minerals. Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and minerals. Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and minerals. Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and minerals. Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, vitamins, and more (5). Summary Cassava is a significant source of carbs. It also provides a little fiber, soluble fiber. Eating foods that are high in resistant starch may benefit your health in several ways (6). First, resistant starch has been studied for its ability to improve metabolic health and reduce the risk of obesity and type 2 diabetes. These benefits are likely related to improved blood sugar management, increased feelings of fullness, and reduced appetite (8, 9, 10, 11). It's worth noting that processed cassava root may further increase its content of resistant starch (12, 13). Cassava contains a hearty dose of vitamin C can help protect against oxidative stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of immune cells in your body stress and support the function of imm (14).Vitamin C also protects against skin damage and stimulates the production of collagen, a type of protein found throughout your body in your bod enhance immune function and collagen production. Although there are some benefits of adding cassava to your diet, there are also downsides to consider. Cassava contains 191 calories per 3.5-ounce (100-gram) serving, which is high compared with other root vegetables (3). For comparison, the same serving size of sweet potatoes has 90 calories, while the same amount of carrots has 35 calories (16, 17). Its high calorie content is what makes it such an important staple crop in many countries. However, keep in mind that consuming more calories than you burn can contribute to weight gain over time (18). For this reason, it's best to enjoy cassava in moderation as part of a balanced diet. Generally, try sticking to around 1/3-1/2 cup (73-113 grams) per serving. Cassava may be dangerous if consumed raw, in large amounts, or if prepared improperly. Raw cassava contains chemicals called cyanogenic glycosides. If eaten, these can release cyanide into your body (19, 20). Regularly consuming cyanogenic glycosides or eating them in high amounts increases the risk of cyanide poisoning is associated with impaired thyroid and nerve function, paralysis, organ damage, and even death (21, 22). Because protein helps rid the body of cyanide, those who have an overall poor nutrition status and low protein intake are more likely to experience these effects (23). Soaking and cooking cassava decreases the content of these harmful chemicals. Plus, pairing the root vegetable with a well-rounded diet that's high in protein may reduce your risk of adverse health outcomes (22, 23). Processing cassava by peeling, chopping, and cooking it significantly reduces its content of vitamins, minerals, fiber, and resistant starch. Still cooking the root before consumption is necessary to avoid side effects (24). Some older studies have found that boiling cassava root retains more nutrients, compared with other cooking methods like roasting or frying. The exception is vitamin C, which is sensitive to heat and easily leaches into water (24). Furthermore, it's worth noting that some popular, processed forms of cassava, including tapioca and garri, have limited nutritional value. For example, tapioca pearls, like those often used in bubble tea, are high in calories but lack fiber and other important micronutrients (25). Therefore, it's best to stick to less processed varieties of cassava whenever possible and opt for boiled dishes to maximize the nutritional value. Summary Cassava is relatively high in calories and must be prepared before eating to avoid adverse health effects. Some highly processed varieties like tapioca are low in important micronutrients but high in calories. cyanide poisoning associated with this root are rare, it's still important to cook it properly to prevent adverse side effects (22). Here are some ways you can make cassava safe to eat (22, 23): Peel it. The peel of cassava root contains most of its cyanide-producing compounds, so it's a good idea to discard it before cooking and eating the vegetable. Soak it. Soaking cassava by submerging it in water for 48-60 hours before cooking it may reduce its content of harmful chemicals. Cook it. Since harmful chemicals. Cook it. Since harmful chemicals are found in raw cassava, it's essential to cook it thoroughly before eating, for example by boiling, roasting, or baking it. Pair it with protein. Eating protein along with cassava may be beneficial as this macronutrient helps rid your body of toxic cyanide. Maintain a balanced diet. You can prevent adverse effects from cassava by including a variety of foods in your diet. For example, you can use it to make snacks and side dishes. It's commonly sliced and then baked or roasted, similarly to how you'd prepare potatoes. Additionally, you can mash it or add it to stir-fries, omelets, and pancakes. Plus, you can enjoy it in the form of tapioca, the starch extracted from the root through a process of washing and pulping. Tapioca is commonly used as a thickener for puddings, pies, and soups. Other popular dishes that feature cassava include: Cassava flourFufu: a dough-like food eaten in many African countries, made from fermented and puréed cassavaTapai: a fermented food often enjoyed in Southeast Asia, prepared from cassava, rice, or other starchesKabkab: a traditional Filipino wafer made from ground cassavaNote that products made from the root, such as cassava flour and tapioca, contain little to no cyanide-inducing compounds and are safe to eat.SummaryCassava is typically used similarly to how you'd use potatoes and makes an excellent addition to many dishes. It can also be ground into flour or used as tapica starch.Cassava is a type of root vegetable. It's considered a staple food in many countries thanks to its unique ability to withstand difficult growing conditions and relatively high calorie density. In addition to being versatile, it's a good source of resistant starch and vitamin C. However, it requires proper preparation to avoid adverse health effects. Particularly, avoid eating it raw. It's also worth noting that processed varieties like tapioca may be lower in important micronutrients. Still, cassava root makes a great addition to stir fries, soups, baked goods, and desserts and is frequently featured in traditional dishes around the globe. Get to know unfamiliar ingredients—think ube, lactose-free cheese, Irish butter, grits, polenta, and more—and understand the difference between ones you may already know—half and half vs. heavy cream, for one—with these guides to popular, familiar, and unexpected ingredients alike. Learn how and where to use these ingredients for tastier, more diverse meals. Cassava is a long tuberous starchy root that is an essential ingredient in many Latin American and Caribbean cuisines. It is eaten mashed, added to stews, and used to make bread and chips. Cassava, also known as yuca, must be cooked or pressed before it's eaten, as it is poisonous in its raw form. When raw, cassava's flesh is white; when cooked, it turns yellow, slightly translucent, and a little sweet and chewy. Cassava has brown, fibrous skin and a snowy white interior flesh, and is about 2 inches wide and 8 inches long. Other names for cassava are yuca, manioc, mandioca casabe, and tapioca. While sometimes mistakenly spelled yucca, the yucca is a separate, ornamental plant. Cassava is native to Brazil and the tropical areas of the Americas. It's widely grown all over Latin America and the second has been a staple food of the Taino, Carib, and Arawak population, especially in the form of cassava bread. Because it was so crucial to the culture, Indigenous peoples revered it. Cassava is still eaten throughout the islands today where it is piled high at produce markets. Cassava must be peeled before being used and can vary in price, ranging from six to 10 times more than russet potatoes. Also Known as: yucaCommon Uses: similar to potatoesImportant Instructions: cassava must be cooked—raw cassava must be cooked—raw cassava is poisonous There are two varieties of cassava must be cooked—raw. Cooking or pressing the root thoroughly removes the poison. You won't come into contact with bitter cassava is sold in American markets fresh or frozen. Bitter cassava is processed into safe edible flours and starches, which in turn are made into breads, pastries, and cakes. On the French-influenced islands, cassava meal is known as farine, a shortened form of farine de manioc. Cassava is used for both its meat as well as its juice, and before cooking cassava, it must be peeled. The skin not only has high concentrations of hydrocyanic acid but is also bitter tasting and fibrous. instead of a vegetable peeler. Cut off both ends of the cassava, then slice it into about four pieces. One at a time, stand up a piece on a cutting from the top of the piece to the bottom, trying not to take off too much of the white flesh. (This technique is similar to cutting a pineapple.) Rotate the piece, continuing to slice off the bark. Quarter each piece and remove the woody core as you would in a pineapple. Cassava is incredibly versatile. It can be boiled, baked, steamed, grilled, fried, mashed, made into chips, or added to stews. Most often it is mashed, sprinkled with salt, pepper, and lime juice, and served with meat. It can be used to make dough for empanadas and tamales as well as tapioca, which thickens puddings. Cassareep, an essential ingredient in Guyanese pepperpot, is a concoction of boiled down cassava juice combined with other spices. In Jamaica, bam-bam is the collective term used for food made from cassava such as bread, pancakes, and muffins. Bammy, or bammie, is thick bread made from cassava flour. It's usually eaten with fried fish or saltfish and ackee. Dominicans make a savory yuca turnover called cativias. Gilnature / Getty Images rodrigobark / Getty Images flickr Editorial/Getty Images subtle taste that is earthy, slightly sweet, and nutty, with a touch of bitterness. Because it is mild, it benefits from being cooked along with strong-flavored ingredients. Sweet cassava can be treated similarly to potatoes. Grated bitter yuca is used to make casabe, which is a traditional crisp, unleavened flatbread popular in the Dominican Republic. Bojo Coconut and Cassava Cake Creamed Cassava With Roasted Garlic Depending on where you live, you may be able to find cassava root in the produce section of your local grocery store. Otherwise, it can be found in Latin and Caribbean markets. Cassava is also sold frozen and in flour and meal form. Because it bruises easily, it's often sold covered in a protective wax coating. When buying cassava roots, look for firm roots with no soft spots. Also, if possible, buy whole roots that have not had their ends removed. If the cassava is cut, make sure the flesh is a snowy white without any black discoloration. It should smell fresh and clean. Unpeeled cassava should be stored in a cool, dry place like the pantry. Once the cassava is peeled, it will last up to a month in the refrigerator if covered with water, with the water changed every two days. Yuca can also be frozen for several months. Cassava, also known as yuca or manioc, is a starchy root vegetable native to South America. It is widely cultivated in tropical and subtropical regions around the world, including Africa, Asia, and Latin America. The cassava plant is known for its large, tuberous roots, which are harvested for food. It is a staple food in many countries due to its high carbohydrate content and versatility in cooking. However, while cassava has significant nutritional and economic benefits, it also poses risks if not prepared and consumed properly. In this article, we'll explore the benefits, downsides, and how to use cassava Safely. What is Cassava?Cassava (Manihot esculenta) is a perennial woody shrub native to South America but widely cultivated in tropical and subtropical regions worldwide. It produces edible tuberous roots, which are its main source of value.Cassava thrives in poor soils and harsh climates. This makes it an essential crop for food security in regions where other staples struggle to grow. There are two primary types of cassava: Contains higher levels of cyanogenic compounds and requires extensive preparation to render it safe.Nutritional Profile of CassavaCassava is a high-carbohydrate food, making it an excellent energy source. Below is a summary of its nutritional content per 100 grams of boiled cassava:NutrientAmount% Daily Value (DV)Calories112 kcal6%Carbohydrates27 g9%Protein1 g2%Fat0.2 g0%Fiber1 g4%Vitamin C20 mg33%Potassium271 mg8%Folate27 mcg7%12 Health Benefits of Cassava1. A Fantastic Energy SourceIf you're looking for a quick energy boost, cassava is your friend. Packed with carbohydrates—about 38-40% of its weight—this root provides around 191 calories per 100 grams. For athletes or anyone engaged in physical activities, cassava can be a great way to replenish energy levels. A study published in Nutrients emphasizes that the high carbohydrate content makes cassava an excellent source of energy. This is particularly true for those in physically demanding jobs or sports activities. The complex carbohydrates in cassava provide sustained energy release, making it ideal for endurance activities. 2. The Perfect Gluten-Free OptionFor those who need to avoid gluten, cassava is a game-changer. It's naturally gluten-free, making it an excellent substitute for wheat flour in many recipes. From fluffy pancakes to hearty breads, cassava flour allows those with dietary restrictions to enjoy familiar foods without worry. Plus, its light texture and ability to absorb flavors make it a favorite among gluten-free bakers. Research indicates that gluten-free bakers. Research indicates that gluten-free bakers. Research indicates that gluten-free bakers. resistant starch, which acts like fiber in your digestive system. This type of starch isn't fully digested in the small intestine. Instead, it ferments in the large intestine, promoting the growth of good bacteria. This means cassava can help keep your gut happy and healthy, reducing issues like bloating and constipation. A study emphasizes that resistant starch can improve qut health by nurturing beneficial bacteria and reducing inflammation. Furthermore, resistant starch has been shown to improve insulin sensitivity and lower blood sugar levels after meals.4. Aids in Weight ManagementIf you're trying to manage your weight, cassava can be a helpful ally. Its fiber content helps you feel full longer, which can prevent overeating. Plus, because cassava has a low glycemic index (GI), it releases sugar slowly into your bloodstream. Research shows that diets high in resistant starch can help increase satiety and reduce appetite. This keeps your energy levels steady and reduces those pesky cravings for sugary snacks. However, note that cassava is also relatively high in calories—about 191 calories per 100 grams. Too much eating will make it calorie-dense compared to other vegetables.5. Boosts Your Immune SystemSpeaking of vitamin C, did you know that cassava is an excellent source? Vitamin C is known to stimulate the production of white blood cells and antibodies that are vital for immune defense. Plus, This powerful antioxidant helps protect your body from oxidative stress. Research published in HealthifyMe highlights the role of vitamin C in enhancing immune function and fighting infections. Regularly including cassava in your diet can help keep your immune system strong, especially during cold and flu season. 6. Promotes Healthy SkinWho doesn't want glowing skin? The antioxidants in cassava can help combat free radicals that contribute to skin damage. Plus, with its vitamin C content aiding collagen production, cassava may help maintain skin elasticity and reduce wrinkles over time. It is a delicious way to support your beauty routine from the inside out!Bone Health7. Supports Strong BonesIf you're concerned about bone health, cassava has got you covered. It contains essential minerals like calcium helps build bone density while magnesium plays a role in bone formation and overall skeletal health. Plus, Studies have shown that diets rich in calcium can significantly reduce the risk of fractures. Cassava can help prevent osteoporosis and keep your skeleton strong as you age.8. Enhances Your MoodDid you know that what you eat can affect how you feel? The resistant starch in cassava promotes the growth of beneficial gut bacteria that influence mood regulation through serotonin production—the "feel-good" neurotransmitter. Studies have shown that probiotics from fermented foods can improve mood and reduce symptoms of anxiety. A happy gut often leads to a happier mind! So next time you're feeling down, consider whipping up a comforting dish with cassava.9. Helps Manage DiabetesFor those managing diabetes or looking to stabilize blood sugar levels, cassava can be an excellent choice. Its low glycemic index means it causes a slower rise in blood sugar levels by slowing down carbohydrate absorption. This makes cassava not only delicious but also smart for maintaining healthy blood sugar levels. Research indicates that consuming foods high in resistant starch like cassava may improve blood sugar management.10. Aids Wound Healing due to its antioxidant content and vitamins that support tissue repair and regeneration. Vitamin C plays an essential role in collagen synthesis, which is crucial for healing wounds effectively. A study mentioned in Pinkvilla indicates that cassava in your diet could help speed up recovery from injuries or surgeries. Leg cramps from Pregnancy11. Supports Healthy PregnancyFor expectant mothers, getting enough folate is vital for fetal development—and guess what? Cassava is rich in this important nutrient! A cup serving of cooked cassava can fulfill up to 15% of daily folate needs. Folate helps prevent neural tube defects during pregnancy and supports overall fetal growth. Additionally, the vitamin C content aids iron absorption, which is crucial during pregnancy for both mom and baby. Research highlights that consuming adequate amounts of folate during pregnancy is associated with better outcomes for both mother and child.12. May Help Relieve HeadachesIf you've ever suffered from headachesIf you've e traditional remedies suggest preparing juice from soaked cassava roots as a natural headache remedy due to its anti-inflammatory properties. While more scientific research is needed on this benefit specifically, many people have reported positive experiences using natural foods like cassava for headache relief. CassavaPotential Downsides of CassavaWhile cassava offers numerous benefits, it's essential to be aware of some potential downsides associated with its consumption:1. Potential ToxicOne of the most significant risks of consuming raw or improperly prepared cassava is cyanide poisoning. Cassava contains naturally occurring compounds known as cyanogenic glycosides, primarily linamarin and lothaustralin. These compounds can release hydrogen cyanide (HCN) when the cassava is damaged or improperly processed. The amount of cyanogenic glycosides varies significantly between different varieties of cassava. Bitter cassava, which is often used in traditional dishes, contains much higher levels of these toxins compared to sweet cassava. Bitter Cassava: Can contain up to 1,000 mg of cyanogenic glycosides per kilogram. When raw or poorly processed, cassava can lead to cyanide poisoning. This can result in severe health issues or even death. Symptoms of acute cyanide poisoning can appear within hours of consuming raw or improperly prepared cassava. These symptoms may include: In severe cases, cyanide poisoning linked to the consumption of a cassava dish made from wild cultivars high in cyanogenic content, resulting in two fatalities.2. Nutritional ImbalanceAlthough cassava is rich in carbohydrates and provides some essential nutrients, it is low in protein compared to other food sources. Relying heavily on cassava as a dietary staple without adequate protein intake may lead to malnutrition over time.3. Potential AllergiesSome people may experience allergic reactions when consuming cassava. This is especially those who are sensitive to latex due to its goitrogenic properties when consumed excessively without adequate iodine intake. Prepare CassavaHow to Prepare Cassava Safely? To safely enjoy cassava while minimizing the risk of toxicity, proper preparation is essential. Here are the steps you should follow: 1. Selecting Fresh CassavaWhen purchasing cassava, look for roots that are firm and free from cracks, soft spots, or signs of mold. The skin should be rough and waxy, and the flesh should appear white or slightly yellowish without discoloration. Avoid any roots that have a sour smell or are mushy.2. Storing Cassava Can be stored in a cool, dry place for about a week. If you need to keep it longer, consider submerging it in water to maintain freshness for up to five days. Once peeled and cut, cassava should be stored in cold water in the refrigerator for up to four days or frozen for several months.3. Peeling CassavaCut the Ends: Start by cutting off both ends of the cassava root. Segment the Root: Slice the root into manageable sections (about 4-6 inches long) to make peeling easier. Remove the Outer Skin: Using a sharp knife (a vegetable peeler is not recommended due to the tough skin), make a vertical slit along the length of each segment. Carefully lift off the thick brown outer layer using your knife or your fingers. Remove the Waxy Layer: After peeling off the outer skin, you may notice a shiny waxy layer underneath. Use a vegetable peeler or knife to remove this layer as well.4. Removing the Woody CoreAfter peeling, you need to remove the fibrous core: Halve the Segments: Cut each peeled segment lengthwise in half. Cut Out the Core: Use your knife to carefully cut out the woody core from each half. This part is tough and should not be consumed.5. Soaking Cassava Soaking Cassava helps reduce its cyanogenic content: Soak in Water: Submerge the peeled and cut cassava in water for at least 4 hours; soaking for up to 48 hours is recommended by some sources for maximum safety. Change the water every 12 hours to help leach out harmful compounds. 6. Cooking CassavaCooking is essential to eliminate any remaining toxins: Boiling: Place the soaked cassava pieces in a pot and cover them with water. Bring it to a boil and cook for about 20-30 minutes until tender (the center should no longer be white). Boiling is one of the safest methods as it retains most nutrients while ensuring safety. Baking or Frying: After boiling, you can slice cassava into fries or chips and bake or fry them until golden brown. This method adds flavor while keeping it safe. Using in Recipes: Cooked cassava can be mashed like potatoes, added to soups and stews, or used as an ingredient in various dishes such as cakes and breads. How to Enjoy Cassava can be incorporated into a variety of dishes and enjoyed in numerous ways:Boiling: One of the simplest ways to prepare cassava is by boiling it until tender (about 25-30 minutes). Once cooked, it can be served as a side dish similar to potatoes or fries. Baking: You can slice boiled cassava into thick pieces or fries and bake them until crispy for a healthier alternative to traditional fries. Frying: For those who enjoy crispy snacks, frying boiled or raw (after proper preparation) slices creates delicious chips similar to potato chips. Soups & Stews: Add cubed boiled or raw (after proper preparation) cassava into soups or stews where it absorbs flavors beautifully while adding texture. Tapioca: Cassava root can be processed into tapioca pearls used as thickening agents or added into desserts like puddings. Flour: Ground-dried cassava becomes flour suitable for baking gluten-free bread or pancakes. Cakes & Desserts: In many cultures, grated fresh or cooked cassava is used as an ingredient in cakes—like the popular Filipino cassava is used as an ingredient in cakes. Crepes: In Brazil, tapioca crepes made from cooked tapioca flour are enjoyed and filled with cheese or meats—a popular snack!FAOs1. Is cassava gluten-free?Yes, cassava glu used to make gluten-free bread, pancakes, and other baked goods without compromising on taste or texture.2. Is cassava suitable for pregnancy as it is rich in folate—a vital nutrient that helps prevent neural tube defects in developing fetuses. Additionally, its vitamin C content supports iron absorption and overall maternal health. However, pregnant women should ensure that cassava is properly prepared before consumption.3. What is the taste of cassava like? Cassava has a mild flavor that is often compared to potatoes but slightly sweeter and nuttier. Its texture is starchy and creamy when cooked. This makes it a versatile ingredient that absorbs flavors well from spices and other ingredients in dishes. Cassava, which resembles a vam, is filled with nutrients and carbohydrates. Raw cassava contains a harmful chemical, so proper preparation is critical to ensure safety when eating the vegetable. Some populations should avoid consuming cassava due to its potentially serious dangers. If you've ever eaten tapioca pudding, boba, or the Brazilian pão de queijo, you've likely had the delicious root vegetable known as cassava has been gaining attention in the healthy-food world for its nutritional properties and wide range of uses. Though this root has a number of healthy benefits, such as promoting good gut health and is a source of potassium and fiber, it can be potentially dangerous if not cooked properly. Read on to learn about cassava's benefits, how to cook it, and who should avoid it altogether, according to two registered dietitians. Amy Shapiro, MS, RD, CDN, is a registered dietitian, nutritionist, and founder and director of Real Nutrition Angela Lemond, RDN, is a registered dietitian and national spokesperson for the Academy of Nutrition and Dietetics Also known as yuca, mandioca, or manioc, cassava is a shrub native to South America that is harvested for its starchy roots that are used as a rich source of carbohydrates and nutrients. It looks similar to a sweet potato or yam with thicker skin and has a light, neutral, and starchy flavor. Today, cassava grows in tropical and subtropical climates, including Brazil, Central America, the Caribbean, West Africa, and Southeast Asia. Though cassava is a safe ingredient to eat when cooked, it contains the harmful chemical cyanide when raw or cooked improperly. Never consume cassava raw. There are several health benefits to cassava root that are impactful for gut health and increase overall energy. Registered dietitian Amy Shapiro notes that cassava contains "dietary potassium and fiber, which is important for digestive health, therefore providing energy for the body." Cassava is easy to digest and can help with bloating and inflammation of the gut. It is also suggested that the fiber content from cassava over other options like pasta or bread. "This can be beneficial for individuals who engage in high levels of physical activity," says Shapiro Cassava does not count as an empty carb and works well as a pre-exercise snack. According to Angela Lemond, RDN, cassava is a "good source of vitamin." Lemond notes that "like other tuber vegetables, cassava is a ligo do bacteria in the gut and maintain blood sugar levels." Cassava can be used in many of the same ways as potatoes—meaning its culinary uses are endless. Recently, cassava byproducts, like arrowroot flour and tapioca starch, have been gaining popularity as a good gluten-free flour alternative for baking due to their mild flavor. "Cassava flour is a good gluten-free option for individuals with Celiac disease, a gluten sensitivity, or those looking to eliminate grains," says Shapiro. Along with flour, you can find other tasty cassava flour is one of the main ingredients. Improper preparation or consumption of cassava can be toxic, so learning how to prepare and cook the root vegetable is crucial. When cooked correctly, cassava is a great source of energy and is safe to consume in moderation. Here is how to prepare cassava safely: "It is essential to peel, soak, and cook in order to remove any toxins," says Shapiro. Soak cassava in water for several hours and up to two days before preparing cassava for consumption. When ready, rinse and peel the cassava until all of the skin has been removed. Next, bring a pot of water to a boil. Boil cassava until it is fork tender or anywhere from 20 to 30 minutes. "Do not reuse the boiled water," cautions Lemond, who adds that boiling cassava helps retain the nutritious properties of the root while over-processing the vegetable (like when making tapioca) can be consumed in many ways. You can bake it, boil it, roast it, grill it, steam it, or fry it. Whichever method you choose, be sure that the vegetable is cooked thoroughly, and no part is left raw. Before consuming cassava, it's best to know the potential drawbacks. For example, a study from 2016 suggests that some cassava root can contain cyanide—a highly toxic chemical that can cause irreversible health problems to those who consume it. Be sure to ask how the crop was sourced before buying to ensure no chemical defense was used while farming. According to Shapiro, consumption of raw cassava can lead to health risks due to the presence of "cyanogenic glycosides, which is toxic to humans." Cyanide poisoning can cause a variety of symptoms, including nausea and vomiting, abdominal

discomfort/pain, and, in severe cases, difficulty breathing. Ingesting large amounts of cyanide can lead to seizures, loss of consciousness, and even death. The severity of symptoms can vary depending on the amount of cyanide ingested and an individual's sensitivity to the toxin. — Amy Shapiro, MS, RD, CDN Certain groups of people should ingest cassava in moderation or avoid it altogether. According to Shapiro, due to the small size and development of their digestive systems, infants and small children should not consume cassava root in any form. It is also not a primary way for them to obtain their daily nutrients. Those that are pregnant and/or breastfeeding transmit whatever they ingest to their fetus/child, which is why it is deemed unsafe to eat cassava during pregnancy. "Cassava is high in potassium, which can be problematic for individuals with kidney problems or those on potassium-restricted diets, as high potassium levels can put additional strain on the kidneys," says Shapiro. Now that you know how to cook with cassava, you might be wondering what recipes to incorporate the food in. Since cassava can be used as a substitute for potatoes, find five recipes where the ingredient can be substituted below—the results are just as delicious.