

[Click Here](#)



























[illegible]

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.