

Summary

Many plants commonly used as food, possess toxic parts, are toxic unless processed, or are toxic at certain stages of their lives. Do not eat vegetables and fruits raw or undercooked if they are usually consumed cooked. Do not buy green potatoes or potatoes which are sprouting

When eating fresh fruits, avoid eating seeds of fruits, such as apples, apricots, pears, etc., whereas the flesh of these fruits is nutritious and safe to eat.

Cyanogenic glycoside toxin is also found in the cassava root and fresh bamboo shoots, making it necessary for them to be cooked before canning or eating. Cyanogenic glycoside found in fresh bamboo decomposes quickly when placed in boiling water, rendering the bamboo shoots safe for consumption. It has been found that boiling bamboo shoots for 20 minutes at 98 C removes nearly 70 percent of the cyanide, while higher temperatures and longer intervals remove up to 96 percent. The highest concentrations are detoxified by cooking for two hours.