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## Rich source of nutrients: Taro (*Colocasia esculenta*)

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*Colocasia esculenta*, a perennial tropical plant native to Southeast Asia is primarily grown as a root vegetable for its edible starchy corn but the versatility of the plant is reflected by the fact that not only the corn but its stem and leaves are also used frequently as seasonal vegetable. Green leaves of *Colocasia* are considered as a rich source of  $\beta$ -carotene, ascorbic acid, folic acid, riboflavin, B vitamins, vitamin A and minerals such as iron, calcium, potassium, phosphorus, magnesium. *Colocasia esculenta* plants or plant-based preparations are also used for the treatment of various ailments in their traditional system of medicine. Studies conducted in Asia in the past have reported that babies who were fed poi-a type of baby food prepared from Taro were found to suffer less from health conditions. In the recent past, Taro products found in most large supermarkets around the world included Taro chips, Taro bread, vegetable Taro burger and baby food due to its high digestibility. Taro is an extremely diverse food. The corms can be baked, roasted or boiled and have a bland, slightly savory flavor when cooked alone but are usually eaten with other ingredients. Taro can be made with meat, gravy or many other ingredients like vegetables. It can be fried, preserved, dried and made into flour, grated, made into a stew or consumed in many other ways in many different countries. It is often used in many traditional cultural dishes. Thus, present investigation was undertaken to examine the nutritional value of Taro for health benefit.

## Biography

Suvarnalata Suhas Mahajan has completed her MPharm from North Maharashtra University, Jalgaon and she is currently pursuing PhD from North Maharashtra University. She has published 1 paper in international journal.

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