



















and elimination thermal treatment involving water. This perhaps explain the high level of reduction in cooked seen as recorded in this work [25].

Phytate content of the seeds was also reduced from 0.61% to 0.17% (*P. macrophylla*), 0.35% to 0.11% (*I. gabonensis*) and from 0.50% to 0.12% (*T. conophorum*) while the oxalate content reduced from 0.45% to 0.13%, 0.43% to 0.11% and 0.51% to 0.13% in *P. macrophylla*, *I. gabonensis* and *T. conophorum* seeds due to the cooking. Phytates and oxalate are recognized as ant-nutrient because both interfere with digestion and absorption of dietary mineral by chelation which render such mineral insoluble in their new farmers and hence unavailable for absorption and utilization in the body.

Generally, therefore, the process of cooking caused reduction in the quality of phytochemicals in the three seeds. While the reduction of some phytochemicals with health benefits may be undesirable, the mediation in the toxic one like HCN and the anti-nutrients like phytate and oxalate is desirable since they elucidate deleterious effects when ingested.



Figure 1: Seeds of *Pentaclethra macrophyll*.



Figure 2: Fruits of *Irvingia gabonensis*.



Figure 3: Fruits of *Tetracapidium conophorum*.



Figure 4: Seeds of *Tetracapidium conophorum*.

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