



Health Review of Products

Product: Garri

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Garri, one of the products of processed cassava. Found in West Africa and can come in either yellow or white color. These colors have been ascribed to tribe in this part of the world. The main aim of this review is to let you see the benefit garri can do your health.

Garri as a plus or minus for you

1. The general believe is that garri is an energy giving food, which is so true due to its high content of Carbohydrate. This means that, garri as a product can be filling and which you make you eat less and help your appetite (reducing the rate of how you consume food throughout the day).
2. Good natural ingredient for running stool. According to some cultures in West Africa, whenever someone is running stool, they are always advised to take garri in order to stop the problem. And so it has been working from generations to generations. Garri is rich in fiber and this is what results in garri solving this problem.
3. As common as it is, do you know that garri can contribute to enhance your immune system? One of the contents of garri is copper. The work of this element is to boost your immune system. Directly or indirectly when you take garri, you add copper to your body to supplement the ones produced by the body.
4. Another important thing to note about this product is the fact that, it can help your constipation.

5. A well processed garri also contain Vitamin A. Which can help your sight as against the general belief.

There has been fear on garri being the source of cyanide poisoning. Cyanide poisoning in high doses can cause instant death (cardiac arrest). But these can result when the garri produced is not well processed. During the production of garri, there is a part that oil is needed to be added to the cassava, which is going to neutralize the cyanide in it. But when it is skipped due to the self-profit and the timing it will take to produce it, the population are exposed to cyanide poisoning.

How do I know if garri contain high cyanide level?

- The taste in your mouth should be the first thing to judge. Garri is not meant to be sweet, rather it should be sour. This shows that it is well fermented. When your garri is sweet, there is every likelihood that it contains quite amount of cyanide present in it.
- Also, a well processed garri should not be whitish. If truly it has passed through the necessary production levels. A good one is not that bright.
- Your garri come out grainy whenever your try to squeeze it in your hands. Moisture is another way to determine if your garri contain cyanide, feel free to feel the texture of the garri.

Garri is such a wonderful product of cassava, be sure you consume the right amount in any form that you like yours. Thanks

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