

## Effect of phytase application on micronutrient status of plant-based foods

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### Abstract

Plant-based foods constitute an important source of carbohydrates, protein, dietary fiber and vitamins. They are also associated with anti-nutrients, whose presence result in low bioavailability of several micronutrients causing metabolic disorders related to the nutritional factors. Of prime concern for human nutrition and health management is phytic acid. In this review the effect of phytase application on micronutrient content and bioavailability of plant-based foods was critically analyzed. PubMed and Google scholar databases were searched for articles using phytase, phytase application in cereals, plant-based foods, micronutrients and deficiency as keywords. A total of 105 articles were obtained out of which 39 were included in the review. Results indicate that application of exogenous phytase to plant-b

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