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The importance of studying Non-Conventional Food Plants

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Unconventional Food Plants (Plantas Alimentícias Não Convencionais - PANCs) are plants that were already part of popular cuisine in the near past, however, due to industrialization and monoculture your consumed has been lost. The consumption of these plants brings many health benefits since they have nutritional, pharmacological and bioactive potential. It is also important to mention the economic potential for family farming. The constitution does not provide for regulatory laws for their consumption, but there are laws to encourage and include the cultivation and distribution of PANCs, such as LAW No. 7,179, OF DECEMBER 08, 2021, which provides for incentives for the planting and consumption of PANCs. These plants can be sources of important macro and micronutrients for body functioning, such as Calcium, Phosphorus, Magnesium, Iron, Zinc, Manganese, Copper, Potassium, Sodium, Antioxidant compounds, Total phenolic compounds, Vitamin C (ascorbic acid), fiber and proteins. Is already scientifically and population knowledge the importance of consuming these nutrients for better body, immune, intellectual, tissue defense development, among others. This group of plants comes as an alternative source of nutrients, providing greater culinary variability. However, due to the lack of use of these plants in food, knowledge of the appropriate ways of consumption and preparation has been undermined. These plants potentially amazing also can be harmful if consumed or prepared improperly. Scientific studies carried out identified the toxic potential of some species of PANCS. Plants such as Jenipapo, Jurubeba and Araçá-rosa showed deleterious effects on animal models treated with their extracts. Even so, the toxicological potential of PANCs is an underreported subject in the literature, requiring further studies on the subject in order to highlighting doubts and avoid possible poisoning and accidents due to improper consumption.

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