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## Plantain – an Overview of its Desired Place in Our Meals

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### Abstract

This study is aimed at bringing to fore front of more active research, and use of plantain in its various forms (paste, flour, ripe, unripe, chips) either eaten alone or used as a supplement with other meals to enrich nutrition or sweeten for better desirability and consumption by humans and animals. Plantain all over the world is an important food that people relish either for their search for iron-rich foods or for its sweet taste when ripe. Whatever be the reason for the love of the product one thing is that we are yet to see its negative side effects when eaten by humans or animals. In some parts of the world they call it the big man's food because it is enjoyed by 'rich men' who eat it for the following reasons; to cut down the consumption of starch because of the fear of diabetes or to manage it and secondly for cost associated with it. With the increased demand for priority and balance between supply of other staples like wheat, rice, maize, barley and cassava for animal and human consumption it is thus imminent that plantain should be given more attention in its post-harvest uses to meet human demands for starchy staple taking into consideration its health benefits and other uses yet to be made elaborate, which will be discussed in this paper.

The benefits of plantain as food for humans will be theoretically and extensively illustrated in this paper as well as its other ancillary uses for animal feed, while also looking into other ways that this plant can be used to not only nourish humans but increase the quality of foods and improving the organoleptic characteristics when added to food.

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