

CAIAPÓ

Scientific name: *Ipomoea batatas*⁽¹⁾.

Family: Convolvulaceae⁽⁴⁾.

Popular names: Sweet potato^(1,2,3), kumara⁽³⁾, caiapo⁽⁵⁾.

Used parts: Leaves, stalks and stems⁽¹⁾.

Habitat: It is indigenous from Central America, but extensively grown in many countries, especially in China and in Southeast Asian countries^(1,2).

Chemical composition: amino acids, dietary fiber, mineral contents, vitamins, polyphenols and chlorogenic acids⁽²⁾, sporamins A and B, anti-coagulans coumarins, scopoletin, aesculetin, umbilliferone⁽³⁾ and anthocyanins⁽⁴⁾.

Indications: food crop⁽¹⁾, diabetes⁽⁵⁾.

Others informations:

- Sporamins A and B, the major storage proteins of kumara tubers, act as proteinase inhibitors, and may have other anti-cancer properties⁽³⁾.
- Anthocyanins with aromatic acyl groups are reported to have improved stabilities and are thus potential food colourants⁽⁴⁾.
- The beneficial effects of Caiapo in patients with type 2 diabetes are exerted by decreasing insulin resistance without affecting body weight or insulin secretion and clearance⁽⁵⁾.

References:

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