

Abstract

Kenyans are perennially afflicted by aflatoxicoses and chronic aflatoxin exposure. Nixtamalization of maize and maize products has the potential to reduce the levels of aflatoxin in maize in the decorticated maize through physical removal and in whole maize products through chemical degradation.

Nixtamalization also has the potential to increase nutrition of maize through release of niacin from niacinogen and improve digestibility of protein and starch, as well as the absorption of maize. Alkali cooked maize products should not be a problem in the country, because some communities are already engaged in the practice of cooking the products using the method. Finally the introduction of nixtamalized maize products such as tortillas will help to diversify utilization of maize.