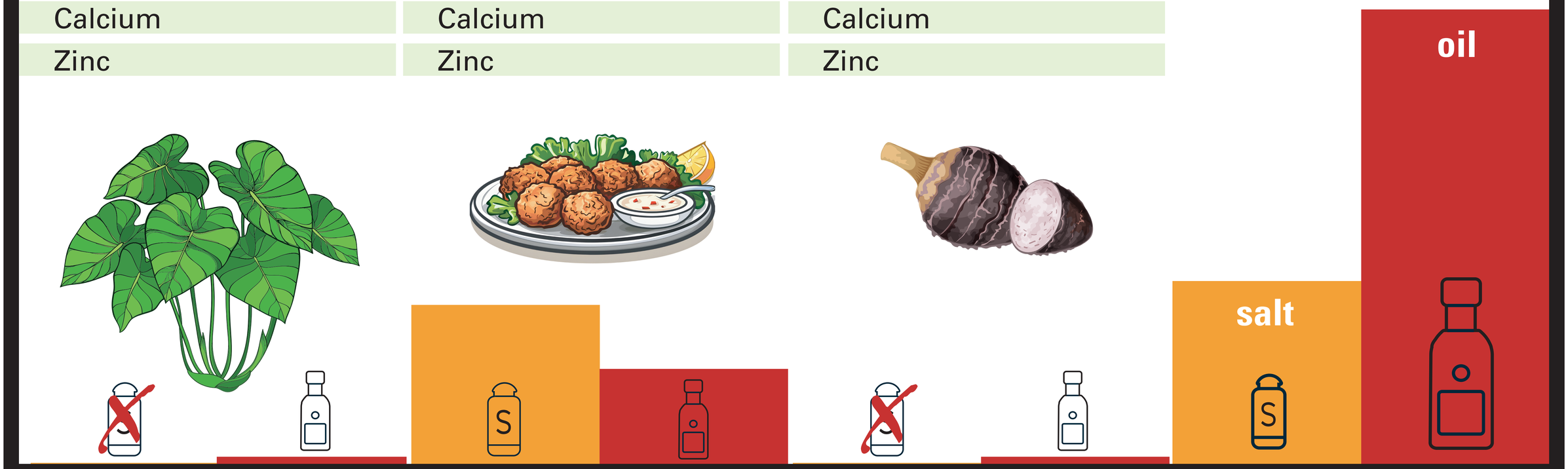
B2BH | NUTRIENTS in Taro prepared 4 different ways

Taro leaves (boiled)	Rourou balls	Taro root (boiled)	Taro chips
Carbohydrates	Carbohydrates	Carbohydrates	Carbohydrates
Protein	Protein	Protein	Protein
Natural Fats	Natural Fats	Natural Fats	
Magnesium	Magnesium	Magnesium	
Vitamin A	Vitamin A	Vitamin A	
Vitamin C	Vitamin C	Vitamin C	
Vitamin E	Vitamin E	Vitamin E	
Potassium	Potassium	Potassium	
Iron	Iron	Iron	
Calcium	Calcium	Calcium	
Zinc	Zinc	Zinc