



Serving Vegetables: Raw vs. Cooked

How we prepare our food can make a big nutritional impact. We often think eating food raw is best, but that may not always be the case. It is true that when we cook veggies we can lose some nutrients, but others become available in their place.

Cooked

Cooking vegetables helps your body absorb antioxidants like lutein for eyesight and lycopene for your heart. It can also release more calcium.



By cooking, it makes it easier for the body to process the lycopene.



Steaming decreases oxalic acid allowing more absorption of calcium and iron.



The natural chemical carotenoids, which helps eyesight, is better absorbed by the body when this vegetable is cooked.



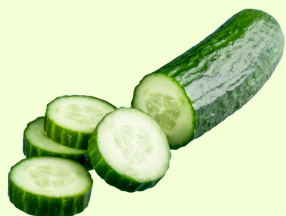
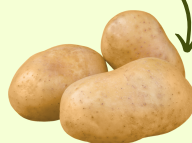
Increase the antioxidant activity by cooking.



Cooking can actually raise the antioxidants.



Cooking cuts the resistant starch which decreases gas and bloating.



Raw

Raw vegetables are packed with fiber, vitamins and antioxidants.



Cooking breaks down Vitamin C.



Cooking decreases cardiovascular benefits.



Raw onion has antiplatelet agents protecting against heart disease.

Both

Cruciferous vegetables, like broccoli, kale and cauliflower, eaten raw can be hard to digest.



Lightly steaming will soften the vegetables for easier digestion, while not losing nutrients.

Cooking Methods

- Stir frying and sautéing vegetables can help preserve more vitamins and nutrients vs. boiling.
- Avoid overcooking. Try steaming vegetables instead of boiling and in both cases, use as little water as possible, cooking until tender.
- Add a splash of lemon, lime, orange, or grapefruit juice while cooking vegetables full of iron. The Vitamin C makes it easier for the body to absorb the nutrients.