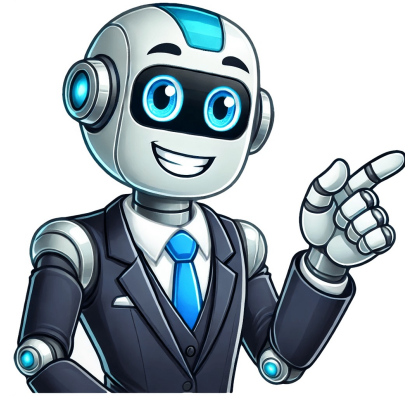


I'm not a bot

















































In the digital health publishing for more than 25 years, WebMD strives to maintain the most comprehensive and reliable source of health and medical information on the internet. We recognize the responsibility that comes along with being the most well-known and trusted health information platform and we take that responsibility seriously by:01Charging our content creators to practice journalistic principles of excellence and provide objective, accurate, and balanced reporting02Maintaining editorial independence and transparency into how we protect the integrity of our content03Regularly reviewing and updating our content by working with our network of more than 100 doctors and health expertsLearn more about our Editorial ProcessYou might often hear "cooking destroys all nutrients, it is best to consume raw", but this might not be the case for all types of veges.Certainly, many cooking methods alter the nutritional composition of vegetables, where essential nutrients such as vitamin C, vitamin B1, and polyphenols can be reduced or lost completely.Marjorie Green, qualified dietitian and founder of Finally Slim Forever, and Marita Moore, dietitian and founder of Lotus Fitness Academy, give some tips about the best way to cook your vegetables to retain the most nutrients. Keep it rawMany vegetables of the Brassica family such as broccoli, cauliflower, cabbage, brussels sprouts and kale are known for their powerful anti-cancer chemicals called glucosinolates. The Brassicas also contain an enzyme called myrosinase which provides protection against bacteria and other fungi and harmful organisms.Green explains: These health-giving compounds are released when the plant is chewed, or crushed. Cooking destroys enzymes and your body will struggle to use the glucosinolates from cooked Brassicas.Of all the vegetables, the one that produces really important nutrients when eaten raw, is onion, believes Green. Chopping a raw onion releases anti-inflammatory, and anti-cancer substances called organosulphides: the compounds that make you cry when you chop. It's a good thing to eat raw onion, she says. Onion also contains a compound called quercetin, which is a powerful antioxidant. Onion is also a good source of vitamin C, potassium, and manganese. When it comes to cooking vegetables, you get a lot of benefits from eating them raw, says Green. When you eat them raw, you get a lot of the nutrients that are in them. When you cook them, you lose some of the nutrients. But, when you cook them, you also get a lot of the benefits of cooking. For example, when you cook vegetables, you can make them more digestible, and you can make them more palatable. You can also make them more tender, and you can make them more flavorful. So, the best way to cook vegetables is to cook them in a way that preserves as many of their nutrients as possible, while also making them more digestible and more palatable. This is why it's important to eat a variety of vegetables, both raw and cooked, and to use a variety of cooking methods. This way, you can get the most out of your vegetables, and you can make sure you're getting all the nutrients you need.
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